

ROADS of RUIN | The MYSTERY of SLEEP | NEW ENGLAND IPAs | Poet BILLY COLLINS

cptv

CONNECTICUT

MAGAZINE

connecticutmag.com

Fine

DINERS

22 Can't-miss Chrome Classics, Dives, Hash Houses and Greasy Spoons



JUNE 2017

\$4.95

0 6>



THE GREAT OUTDOORS

- 26 of Connecticut's
- ultimate hikes, bike trails
- and dog-friendly spots



Fresh, Local and Humanely Raised

Good Food • Good People • Good Life
Come Share with us

Paul (pictured here on right) a chef, butcher and friend of local farmers, is uniquely qualified to source superior local meats that are in line with our Mission. He checks out farms first-hand to foster relationships with farmers like John Morosani (left), owner of Laurel Ridge Farm in Litchfield.

Laurel Ridge cows graze on 220 acres of pasture and are certified 100% grass fed. They never receive antibiotics or growth hormones. The beef is flavorful, tender, juicy and available fresh at New Morning where you will ONLY find humanely raised meat, eggs, milks and cheeses. Now that's something you can feel good about!

The same attention to detail is evident in every corner of the store, from our award winning prepared foods counter to the largest selection of fresh organic produce in CT.

New Morning Market – 45 years of bringing good food to good people for a good life. Come share with us!

New
Morning
Market™



Goodness Is In

Connecticut's Original
Independently Owned
Natural & Organic Marketplace!



129 Main St. North, Woodbury CT (203) 263-4868 www.newmorn.com

GRANT MAIN LIVING SPACE



GRANT DEN



Spring Into Action

We are nearing completion on 68 new one- and two-bedroom Independent Living residences in Seabury's South Wing.

We're very excited to welcome our new residents to campus this fall and to watch these beautiful new spaces be transformed into neighborhoods and communities by the people who will live here.

We have a limited selection of South Wing residences still available. The time to reserve your space is now. Start planning today!

Life at Seabury offers a stimulating, engaging environment surrounded by friends and neighbors, with the peace of mind and security of Life Care. Come be a part of it. And invite your friends.

Learn more about how to reserve your future home at our monthly informational sessions on every 1st Thursday at 1:30pm and every 3rd Wednesday at 10:30am. Call (860) 243-6081 or (860) 243-4033 for reservations or e-mail info@seaburylife.org



GRANT MASTER BEDROOM



Revolutionizing the experience of aging!

GET *Busy* LIVING



BEST OF 2009
Hartford THROUGH
MAGAZINE **2017**



200 Seabury Drive | Bloomfield, CT 06002

(860) 286-0243 | (800) 340-4709 | www.seaburylife.org | info@seaburylife.org

FEATURES

33 Walk This Way

As the weather warms up, people head for the great outdoors. We take a closer look at 26 trails for hiking, biking, strolling and rolling, for when nature calls you.



40 Healthy Living: The Mystery of Sleep

Millions of Americans don't get enough sleep. A Yale professor is arming patients with information, not pills.

43 Delicious Diners

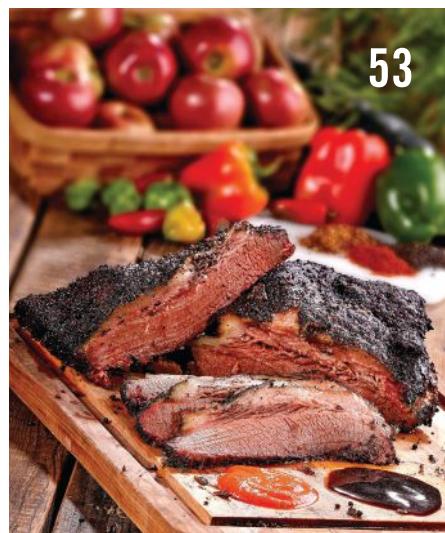
A quality meal at a low price. A meeting place for coffee. The cornerstone of a community. Diners can be more than just a greasy spoon. We bring you some of the best and most iconic in Connecticut.

DEPARTMENTS

6 Editor's Note / Voices

7 First

Complaining about road conditions and traffic is as Connecticut as lobster rolls and the UConn Huskies. Why are we in such a state of disrepair? Also, we talk with best-selling author Bertice Berry and kick around the idea of two new soccer teams in the state.



53

16 This Month

Speaking of traffic, one solution is to board the Bridgeport & Port Jefferson Ferry for a daytrip to Long Island. While cruising across The Sound, you can flip through a new two-volume book set from photographers who captured images of ever-changing New Haven.

31 The CONNsumer

Deregulation is here. How does it impact you and what are your options?

45 Beachcombing

For our diner issue, Randall Beach talks with a passionate diner expert.

53 The Connecticut Table

The Stand in Branford gives you bold barbecue bang for your buck. New England IPAs are proof the East Coast is a leader in the craft beer revolution.

80 The Connecticut Files

Does this ring a bell? A New Haven man dialed up the first telephone exchange and phone directory.



68 CPBN Guide

- "Sharing Connecticut"
- "The Second First Season"
- "CPTV Highlights"

For new subscription orders or questions, call 855-235-9032. **Subscriber/Postmaster:** Send changes of address or subscription inquiries in writing to *Connecticut Magazine*, Subscription Services, P.O. Box 3000, Denville, NJ 07834.

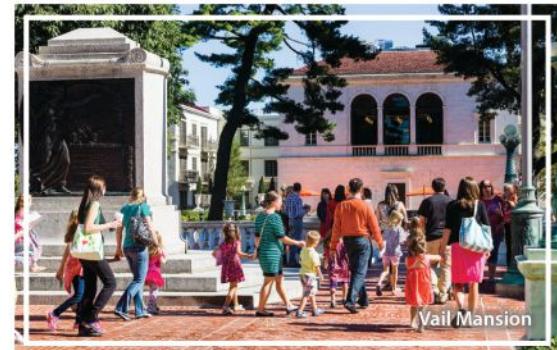
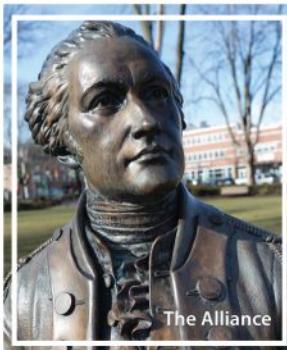
CPTV or Public Broadcasting members: Please call member services at 800-683-1899.

Cover photo and design: Alyson Bowman, Zip's Diner in Dayville.

This page: (top) Mount Higby, near the border of Middlefield and Meriden, is on the 50-mile Mattabesett Trail; photo by Romiana Lee; (above) Brisket at The Stand in Branford; photo by Jeff Kaufman.

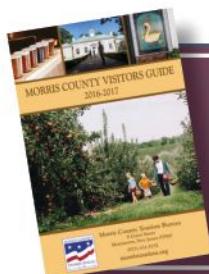
Elizabeth Schuyler & Alexander Hamilton

A Match Made in Morristown



Discover revolutionary and historic Morristown, New Jersey
where Betsy and Alexander fell in love.

Discover
**MORRIS
COUNTY**
Est. 1739



TEXT “MATCH” TO 77453 TO
RECEIVE YOUR FREE COPY OF THE
MORRIS COUNTY VISITORS GUIDE*

*Standard message rates apply. By opting into our text messaging service, you are consenting to receive monthly text messages from the Morris County Tourism Bureau. ©2017 Morris County Tourism Bureau. All Rights Reserved.



The Morris County Tourism Bureau received funding through a grant from the New Jersey Department of State, Division of Travel & Tourism. www.visitnj.org

Morris County Tourism Bureau
6 Court Street, Morristown, NJ 07960
morristourism.org

VINTAGE | ESTATE | ANTIQUE



Peter Suchy Jewelers
Estate and Antique Jewelry

1137 HIGH RIDGE ROAD | STAMFORD, CT
203.327.0024 | WWW.PETERSUCHYJEWELERS.COM

Istdibs. **ebay**

CONNECTICUT® BUSINESS & EDITORIAL OFFICES
100 Gando Dr. I New Haven, CT 06513
MAGAZINE 203-789-5300 | Fax 203-789-5255

Publisher **Kevin Corrado**
203-789-4600 | kcorrado@connecticutmag.com

| editorial |

Editor in Chief **Albert Yuravich**
203-789-5230 | ayuravich@connecticutmag.com

Senior Writer **Erik Ofgang** 203-789-5227
eofgang@connecticutmag.com

Writer **Michael Lee-Murphy** 203-789-5233
mmurphy@connecticutmag.com

Contributing Writers **Gary Stoller, MaryEllen Fillo, Frank Rizzo, Kevin Hunt, Michelle Bodak Acri, Randall Beach**

Contributing Photographers **Arnold Gold, Peter Hvizdak, Garrison Leykam, Christopher Dobbs, Catherine Avalone, Jeff Kaufman**

Executive Editor, Digital First Media/Connecticut
Helen Bennett Harvey
hbennett@newhavenregister.com

| art & production |

Senior Designer **Alyson Bowman**
abowman@connecticutmag.com

Designer **Greg Moody**
gmoody@connecticutmag.com

Features Production Coordinator
Mike Wollschlager
mwollschlager@connecticutmag.com

Advertising Support Specialist
Patricia Genovese

| sales & marketing |

Vice President, Sales **Edward L. Woods**
203-680-9924 | ewoods@adtaxi.com

Greater New Haven **Joe Hiznay**
203-401-1572 | jhiznay@adtaxi.com

Hartford + Litchfield Counties **Karl Cicito**
860-944-7256 | kcicito@adtaxi.com

Middlesex + New London Counties **Richard Catanese**
203-789-5428 | rcatanese@adtaxi.com

Tolland + Windham Counties **Mark Michaud**
203-836-0433 | mmichaud@adtaxi.com

Fairfield County **Tracy Poeti**
203-215-9701 | tpoeti@adtaxi.com

Marketplace Advertising **Joe Hiznay**
203-401-1572 | jhiznay@adtaxi.com

Subscriber Services
855-235-9032

PUBLISHER'S REPRESENTATIVES

Boston Lange Media Sales
781-642-0400 | erklange@aim.com

New York Couture Marketing
917-821-4429 | karen@couturemarketing.com

| credit & collections | 877-396-8937

Visit us at connecticutmag.com. Connect with us on
Copyright 2017 by Digital First Media. All rights reserved. No part of this publication may be reproduced without written permission. No responsibility is assumed for unsolicited materials, which must be accompanied by SASE if they are to be returned.

digitalfirst
MEDIA CEO **Steve Rossi**

CIRCULATION
VERIFICATION
COUNCIL
80202-5177, is published monthly by Connecticut Magazine at 100 Gando Drive, New Haven, CT 06513. Periodicals postage paid at New Haven, Connecticut, and at additional mailing offices. Printed in U.S.A. Subscription rates: One year \$19.97, two years \$34.97, three years \$39.97 in Connecticut; out-of-state residents add \$5/yr. **POSTMASTER:** Send changes of address to Connecticut Magazine Subscription Services, P.O. Box 3000, Denville, NJ 07834.

Behind Every Great Home

No Obligation
In-Home Design Consultation
Construction • Renovation
Weekly Service

WWW.AQUAPOOL.COM (800) 722-AQUA (2782)

HIC 0503482 • SPB 00000441 • NHC 0010353 • MA, UC 113981 • RI, LIC 37265 • NY, UC WG 5500-193 • NY, JC, PC 679

4 JUNE 2017 connecticutmag.com



Summer Arts Program

Session 1: (July 10 - 21) Children ages 7-12 learn the exciting ins and outs of putting on a staged production, culminating in performing in...



A Year With Frog and Toad KIDS.

Session 2: (July 24 - Aug 4) For ages 7-12, this session offers a variety of fun and engaging performing arts classes, from acting to dance to technical theatre and more. Plus a field trip to Lake Compounce Theme Park!

Session 3: (Aug. 7 - 19) For ages 9-16, children enrolled in this session work over the course of two intensive weeks to rehearse a full-scale theatrical production of **SHREK Jr.**

1-week Mini Camps available for ages 5 & 6, too!

See our website for more info!

68 Main Street, Torrington, CT 06790

Call us at **860-489-7180** or visit www.warnertheatre.org

Special Thanks To Our Sponsors



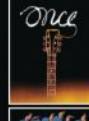
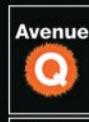
2017-2018



**NANCY MARINE
STUDIO THEATRE**

AND THEN THERE WERE NONE

September 23-October 1, 2017



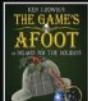
**6TH ANNUAL INTERNATIONAL
PLAYWRIGHT FESTIVAL**

October 13-14, 2017

THE GAME'S AFOOT

(OR HOLMES FOR THE HOLIDAYS)

December 9-17, 2017



SPRING AWAKENING

June 16-24, 2018

ON THE MAIN STAGE

AVENUE Q

November 4-12, 2017

ONCE

February 3-11, 2018

THE FULL MONTY

May 5-13, 2018

**Disney's THE LITTLE
MERMAID**

July 28-August 5, 2018

**GET YOUR
TICKETS
TODAY!**

CALL THE BOX OFFICE
FOR INFORMATION



860.489.7180 • www.warnertheatre.org • Torrington, CT

We believe
that the possibilities
are endless.



Discover a lifestyle filled with choices and opportunities!

Wake up each day to new pursuits or favorite pastimes.

Spend time reading, painting or simply relaxing by our tranquil pond. Our scenic 42-acre campus offers maintenance-free apartments, spacious patio homes and courtyard cottages.

**Call 1-877-766-9062
to schedule your
personal tour!**

 **COVENANT
VILLAGE OF CROMWELL**
A Covenant Retirement Community

Covenant Retirement Communities is a ministry of the Evangelical Covenant Church.

**52 Missionary Road
Cromwell, CT 06416**



Covenant Retirement Communities does not discriminate pursuant to the federal Fair Housing Act. All faiths and beliefs are welcome.



editor's note

What Could be Finer?

Diners come in all shapes and sizes, but the ones you're likely picturing are made of metal and glass, with booths and a long Formica counter with stools. These are the "classics," many of them constructed a half-century ago or more in a factory and shipped to their permanent locations.

The nearly one-of-a-kind Aero Diner building, for instance, has had stays in East Hartford, Southbury, South Windham and a museum in Providence before finally finding a home in North Windham. Without the preservation efforts of people throughout the years, it might have gone to the junkyard long ago.

Resembling a railroad car, Torrington's Skee's Diner has had a similar journey. Though it's been closed since 2002, an effort is underway to one day restore and



reopen it. As with many such causes, money and support are needed.

Read about these and many other diners, starting on page 43.

That sense of history and dedication is also alive and well in our wonderful system of trails and parks. From our slice of the rugged Appalachian Trail in the west to the gentle river trails of the Quiet Corner, tens of thousands of residents enjoy walking, biking and hiking through our scenic and historic spaces (page 33). Countless people are working to expand these options.

So now that summer is around the corner, let's hit the road to enjoy the man-made beauty of our diners, and hit the trails to soak up the natural beauty of our great outdoors.

Albie Yuravich

ayuravich@connecticutmag.com

Follow me on Twitter and Instagram



@AlbertYuravich

voices

Jack Rabbits is the BEST

The BEST BURGERS (plus hot dogs, lobster dogs, etc.) and shakes in the state is, without question, Jack Rabbits on Main Street in Old Saybrook. I particularly love the burger with onions infused with hot peppers, etc., but there are about 10 choices, all great. Plus extra-thick shakes on request.

Lynn Bendett
New Canaan

You should try the Lobster Hut in Milford on Route 1 and Bridgeport Avenue. It is a small trailer. I have eaten lobster rolls all over Connecticut. These are among the best. And Kathy's Cookies on Melba Street, also in Milford. Her cookies are so good they are in several ShopRite stores and coffee shops. Her biscotti is so good my 93-year-old Italian mother-in-law approved of them. And her scones — I do not like scones, but hers are made with yogurt and are so good with coffee.

Keep up the good work!

Bob Lukas
Milford

Donovan's Makes a Mean Burger

You must check out Donovan's (operating since 1889) in downtown Norwalk on Washington Street. Had their excellent burger for the first time in 1979 and have been going back whenever we get a chance; these burgers are consistently delicious! And I'll check out some of the other burger places on your list which sound good too... (I must try Louie's Lunch!) As always, I look forward to your magazine each month.

Tina Liechti
Monroe

Staying True to Stubby's Tale

Received my copy of May's edition of your magazine and was very pleasantly surprised to see your excellent story on my grandfather's loyal companion — Sgt. Stubby, the heroic Connecticut dog from World War I. My family and I thank you a thousand times over. Especially for keeping the story true and accurate.

Curt Deane
Lyme

Connecticut Magazine welcomes letters. Write to Editor, Connecticut Magazine, 100 Gando Drive, New Haven, CT 06513, or email editorial@connecticutmag.com. Please include your name, phone number and address; no anonymous letters will be published. We may edit letters for space reasons or clarity.

Culinary Delights of Milford

I enjoy your magazine very much and keep certain issues in the car for places we might try when out for a ride.



first

State of Disrepair

OUR ROADS ARE AMONG THE WORST IN THE NATION. HUNDREDS OF OUR BRIDGES ARE IN POOR CONDITION. BUT HOW DO WE FIX OUR TRANSIT SYSTEM WITHOUT BREAKING THE BANK?

BY GARY STOLLER

Hitting bump after bump, cars and trucks are repeatedly jolted as they head east on Interstate 84 between Brookfield's Exit 9 and Newtown's Exit 10.

The pavement on this stretch of highway — rated in “fair” condition by the state Department of Transportation — is cracked, pockmarked and sunken.

Many Connecticut motorists bemoan the blacktop conditions on numerous other areas of the state’s roads, which are ranked by various organizations as some of the worst in the nation.

“Connecticut’s people suffer every day in traffic and endure potentially dangerous conditions because our roads, bridges and highways are in disrepair,” says Carol Platt Liebau, the president of the Yankee Institute for Public Policy, a conservative think tank in Hartford.

Three other organizations — the national transportation research group TRIP, the Reason Foundation think tank and the American Society of Civil Engineers — analyzed federal government data and concluded in separate studies that nearly all states’ roads are in better condition than those in Connecticut.

Connecticut “clearly has a significantly higher share of poor roads” than other states, says Rocky Moretti, TRIP’s director of policy and research.

Pavement in poor condition has “advanced deterioration” and can cause additional wear or damage to vehicle suspensions, wheels and tires, the Federal Highway Administration says. It can also cause delays, the agency says, when vehicles slow for potholes or rough surfaces, affect vehicles’ stopping ability and maneuverability, and lead to accidents.

According to TRIP, which is based in Washington, 57 percent of Connecticut’s major roads are in poor condition, and driving on roads in need of repair costs state motorists \$2.2 billion annually in extra vehicle repairs and operating costs.

The DOT, which resurfaces about 250 miles of pavement annually, says state-maintained roads are getting a bum rap, and only a tiny percentage are in poor condition. Poor conditions on Connecticut’s rural roads that are maintained by cities, towns and villages lower the overall rankings of the state’s roads, agency spokesman Kevin Nursick says.

Connecticut has more than 20,000 miles of public roadways, and about half were built more than 55 years ago. About 80 percent of the miles are maintained by cities, towns and villages, and 3,734 miles, including major highways, are maintained by the state.

Besides pavement conditions, traffic congestion is another concern. Sixty percent of Connecticut’s urban interstates experience congestion during peak hours, TRIP says.

Though funding is still in doubt, Gov. Dannel P. Malloy and the DOT two years ago unveiled a 30-year, \$100 billion

plan, Let's Go CT, to upgrade Connecticut's roads and bridges while modernizing, improving and expanding Connecticut's transportation infrastructure. In a 2015 report outlining the project, Malloy wrote that "an aging infrastructure, traffic congestion and long-delayed planning have placed our economy and our quality of life at risk."

Every year, Malloy wrote, drivers spend up to one work week stuck in traffic, costing nearly \$1.6 billion in lost time and fuel and a greater amount "in higher operating costs, fuel and accidents caused by deficient, congested roads and bridges."

Malloy's press secretary, Chris Collibee, says the state "underinvested in its transportation system for the past several decades.

"While other states were expanding and building new roads and mass-transportation systems, Connecticut sat idle," he says. "Under the leadership of Gov. Malloy, our state has taken the first steps in reversing those decades of neglect. The current condition of our transportation networks did not happen overnight, and reversing those decades of neglect will take time."

Connecticut faces challenges, says Baruch Feigenbaum, the Los Angeles-based Reason Foundation's assistant director of transportation policy, because it has "older-than-average infrastructure and wet, cold weather" that wears infrastructure more quickly.

"However, this is not an excuse for the state to perform as poorly as it does in pavement and bridge quality, expenditures and congestion," Feigenbaum says. "Connecticut DOT must do better."

TRIP's analysis of 2015 Federal Highway Administration data shows that, besides 57 percent of the state's major roads in poor condition, 22 percent are in mediocre condition, 11 percent in fair condition and 10 percent in good condition. Those numbers include both state-maintained and locally maintained roads.

DOT argues organizations citing a substantial percentage of Connecticut roads in poor condition use a different — and problematic — rating system than the one it uses. Looking at only state-maintained roads, Nursick says, the rating system used by DOT shows 45 percent of state-maintained roads in fair condition, 41 percent in good condition, 12 percent in excellent condition and 2 percent in poor condition.

A September 2016 report by the Reason Foundation also put Connecticut's roads in a very negative light. The report tracked the performance of the 50 state-owned highway systems and ranked them in 11 categories including pavement conditions, deficient bridges, traffic congestion, fatality rates, and administrative and maintenance costs per mile.

Connecticut ranked 44th in the nation — or seventh worst — in highway performance and cost-effectiveness. Neighboring states, Nursick says, "are in the same overall range, so it's clearly a regional issue, not DOT doing something out-in-left-field wrong."

Other factors that may contribute to Connecticut's low ranking, he says, are a higher cost of living and more road traffic that increases congestion rates and repair costs. "There's more traffic to work around as we work on the roads," Nursick says.

URBAN ROADS

Nearly a third of the nation's major urban roads — interstates, freeways and other arterial routes — have pavements that are in "substandard condition" and "provide an unacceptably rough ride to motorists," according to a TRIP report released in November. And Connecticut has its own unfavorable niche: three of the nation's top 25 large urban areas with the highest share of roads in poor condition.

Sixty-one percent of Connecticut's urban roads are in poor condition, 19 percent in mediocre condition, 9 percent in fair condition and 11 percent in good condition, according to TRIP's analysis of 2014 Federal Highway Administration survey data.

TRIP ranks the pavement in the

Helping People Build Beautiful Country Places Since 1974!

NEW ENGLAND STYLE

Country Carpenters INC.

POST & BEAM BUILDINGS

Models on Display

Fine POST & BEAM Carriage Houses, Garden Sheds & Country Barns

860.228.2276

Hebron, Connecticut

www.countrycarpenters.com

Bridgeport-Stamford area as the worst in New England — and sixth-worst in the USA — among urban regions with a population of at least 500,000 people. Fifty-five percent of the pavement on major roads and highways in that area is in poor condition and provides a rough ride, the transportation research group says.

That's not surprising news to Connecticut motorist Laurie DeAngelis, who says "the I-95 corridor in Bridgeport is horrible," especially northbound.

"If you start at about Exit 26 and then go through Bridgeport and Stratford, it is one pothole and/or car part after another," says DeAngelis, a Newtown resident. "It is especially rough over the bridges. I have gotten to the point where I try to avoid that area altogether."

The rough roads in the Bridgeport-Stamford area cost the average motorist an additional \$797 annually in vehicle maintenance costs, according to TRIP. That expense is the highest of all urban regions in New England and No. 9 nationally, the group says.

DeAngelis compares pavement conditions on I-95 in the Bridgeport-area roads to those on I-84 outside Hartford.

"If you are traveling north of Hartford on I-84, you can barely find a pothole, and there are more lanes and a carpool lane," she says. "The I-95 corridor in Bridgeport is horrible compared to I-84 north of Hartford. We pay the most taxes in the state in Fairfield County, and our roads are the worst. Go figure."

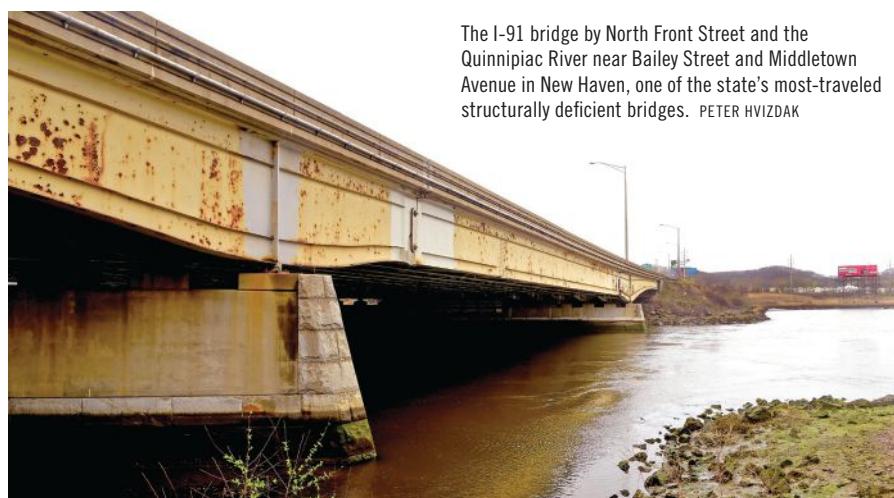
DOT's rating system shows no pavement on interstate roads in poor condition, Nursick says.

"The DOT does not base transportation infrastructure decisions on who or what area of the state pays more taxes than another," he says. "Some of the factors we consider are needs, deficiencies, existing conditions and life-cycle analysis."

TRIP places two other urban areas in Connecticut on its national list of 25 worst for pavement conditions. New Haven ranks 14th worst with 47 percent of major roads and highways in poor condition, and Hartford 25th worst with 38 percent in poor condition. The group also says the Springfield, Massachusetts, area, which includes both Massachusetts and northern Connecticut roads, ranks 22nd worst with 39 percent in poor condition.

The New Haven area's rough roads cost the average motorist an additional \$728 annually, TRIP says. That's the second-highest expense in New England and \$48 more yearly than Boston motorists pay for rough roads in their area.

Besides pavement condition, traffic congestion is another major problem in



Connecticut. The state has the busiest urban interstates in New England and the third busiest — behind No. 1 California and No. 2 Maryland — in the U.S., TRIP says.

With 60 percent of its urban interstates considered congested, Connecticut is tied with Hawaii for seventh-worst congestion in the USA, the group says. Two neighboring states — Rhode Island and Massachusetts — are slightly more congested on their urban interstates.

RURAL ROADS

Nearly 40 percent of Connecticut's rural roads are in poor condition, 34 percent in mediocre condition, 17 percent in fair condition and 11 percent in good condition, according to TRIP's analysis of 2015 Federal Highway Administration data.

The Reason Foundation ranks Connecticut 44th of 50 states in pavement conditions on rural roads and 24th in pavement conditions on rural interstate roads.

Connecticut's rural roads received some unwanted publicity two years ago when a TRIP analysis of federal accident data revealed they had the deadliest fatality rate in the nation. The state, however, incorrectly filled out crash forms and mistakenly included urban fatalities, TRIP's Moretti says. Connecticut's non-interstate rural fatality rates are below the national average, he says.

BRIDGES

Connecticut has 5,300 bridges, including about 4,000 owned and maintained by the DOT. Nursick says 270 of the state-maintained bridges and 159 of those maintained by cities, towns and villages are structurally deficient.

Structurally deficient bridges, according to the American Society of Civil Engineers, have "deteriorated structural components" and may either be closed or have speed and weight limits. Though structurally deficient bridges are "not necessarily unsafe," they must be inspected regularly

The I-91 bridge by North Front Street and the Quinnipiac River near Bailey Street and Middletown Avenue in New Haven, one of the state's most-traveled structurally deficient bridges. PETER HVIZDAK

because "critical load-carrying elements" are in poor condition and "require significant maintenance, rehabilitation or replacement," the engineers say.

The Federal Highway Administration oversees the National Bridge Inspection program, which calls for regular assessments of public vehicular bridges more than 20 feet in length to ensure safety.

The agency's 2016 data, according to TRIP, shows that, of 4,214 state and locally maintained bridges in Connecticut in the program, 338, or 8 percent, are structurally deficient. The average for all 50 states is 9 percent. (TRIP's data is based on the Federal Highway Administration's inventory of bridges at least 20 feet in length, which likely accounts for the DOT's larger total of bridges.)

According to an American Road & Transportation Builders Association analysis of Federal Highway Administration data, the West River Bridge — with 150,600 daily crossings — is Connecticut's most traveled structurally deficient bridge. The bridge, which is on Interstate 95 between New Haven and West Haven, was built in 1957. Farther west, the Yankee Doodle Bridge, which is on I-95 and spans the Norwalk River and was built in 1958, handles about 5,000 fewer daily crossings and ranks No. 2 on the list of most traveled structurally deficient bridges. Of the top 10 bridges, eight are on I-95 and I-91, while two are on I-84.

Connecticut has a much greater number of bridges — 1,001 of the 4,000 DOT-maintained bridges — that are functionally obsolete, Nursick says. An additional 286 owned by local municipalities also fall into that category. A bridge is classified as functionally obsolete if its design is outdated. It may have lower load-carrying capacity, narrower lanes or shoulders or less clearance underneath than bridges built to current standards.

Many bridges were built decades ago, many get high traffic volume, and the state

often gets harsh winter weather — “a tough scenario for the longevity of bridges,” Nursick says. “The long-term cumulative effect of those things can’t be denied.”

While functionally obsolete bridges are not necessarily unsafe, they have older design features and must have limits for speed and weight to ensure safe operation of vehicles, according to the American Society of Civil Engineers.

Vehicular restrictions on functionally obsolete bridges “contribute to traffic congestion” and “affect safe and efficient personal mobility and movement of goods and services,” the engineers say. “The restrictions may also result in such major inconveniences as school buses taking lengthy detours and increased response times for emergency vehicles required to use alternate routes.”

Connecticut’s bridges, says the Reason Foundation’s Feigenbaum, are “in much-worse-than-average condition.” Pennsylvania and other states with low rankings “have taken innovative steps to prioritize deficient bridges, including entering into a public-private partnership,” he says. “Connecticut needs to look at various innovative ways to improve its bridges.”

Infrastructure reports, including the one done by the Reason Foundation, often knock Connecticut, Nursick says, because of its number of functionally obsolete bridges.

Such a designation “has no bearing on condition,” he says. Connecticut’s bridges are “not too bad and generally improving.”

THE FUTURE

Collibee, Malloy’s press secretary, says the governor recognizes that the state’s transportation system is a priority.

“Transportation is too important to our future,” Collibee says. “If we want to grow jobs and attract businesses, we must make our infrastructure best-in-class. Infrastructure is one of the top issues facing our state, and we have a \$100 billion plan to tackle it.”

That 30-year plan calls for \$5.4 billion to maintain the pavement and have no state-maintained roads in poor condition. And, among other road, bridge, rail and transportation projects, the plan calls for \$18.7 billion to maintain bridges and ensure that less than 10 percent are structurally deficient.

Finding the huge amount of money needed to start and complete the projects, though, may be a daunting task. Last year, a nine-member Transportation Finance Panel created by Malloy recommended various ways to fund the project, including implementing tolls and raising sales and gasoline taxes. The most recent two-year budget, though, was unveiled by Malloy in February and includes no monies to fund

the transportation initiative beyond 2020, when startup money will be depleted.

Connecticut traditionally depends on gas-tax revenues to fund highway and transportation projects, but that revenue source has been declining. Gas prices have dropped, and an increasing number of motorists are using more fuel-efficient vehicles and electric cars.

The Yankee Institute for Public Policy says the many proposed projects in the plan need to be prioritized, and some “wish-list” projects, such as a rail line to Springfield, should be eliminated.

“Too many Connecticut projects fail to distinguish between needs and wants,” says the institute’s Liebau. “We need Metro-North to serve more than 100,000 people a day as they commute to New York City. We don’t need a \$1 billion rail line to Springfield for 2,000 people. At half a million dollars per commuter, that’s an expensive luxury for a state that’s running out of money.”

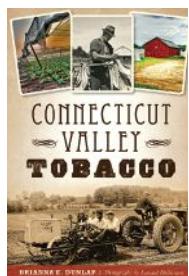
Transportation advocates were unable to get on the November election ballot a “lockbox” proposal that would prohibit the Connecticut General Assembly from using the state’s special transportation fund for non-transportation projects. Such a lockbox is needed, Malloy said, before new revenue sources are created to fund the 30-year transportation plan. ■

the reading room

CONNECTICUT VALLEY TOBACCO

By Brianna Dunlap, photographs by Leonard Hellerman
The History Press
2016, 126 pages

Like the bubbly alcohol that originates in the Champagne region of France, or the cheese from Stilton in England, Connecticut has its own product known throughout the world as originating from our neck of the woods: Connecticut shade tobacco. The tobacco fields and barns of the northern Connecticut River Valley provide some of the most iconic Connecticut imagery there is. Now, Brianna Dunlap, a historian who has worked with the Connecticut



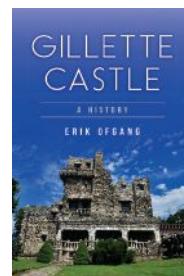
Valley Agricultural Museum in Windsor, gives us an expansive history of tobacco in Connecticut, stretching back to early-settler appropriation of what was a native crop in the 1600s, and running all the way up to the present day. Illustrated with archival photos of laborers of decades past, and lush photographs of contemporary workers, the book is an illuminating look into our one truly homegrown commercial agriculture. | MICHAEL LEE-MURPHY |

GILLETTE CASTLE: A HISTORY

By Erik Ofgang
The History Press
2017, 144 pages

In the 1890s, Arthur Conan Doyle killed off his most famous creation, Sherlock Holmes. The iconic character was ultimately revived, thanks, in part, to William Gillette, an eccentric Hartford actor. In the late 1890s, Gillette wrote and starred in the title role of *Sherlock Holmes*, the first major production featuring the Baker Street detective. Gillette would portray Holmes in more than 1,300 live performances, leaving an undeniable mark on the character. It was Gillette who gave Holmes his now-signature deerstalker cap, large magnifying glass, curved pipe and “elementary”

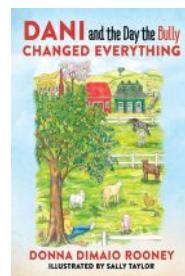
catchphrase. Gillette’s portrayal also helped convince Doyle to bring the detective back to life and allowed Gillette to build the house that is today known as Gillette Castle. Complete with spy mirrors, sliding furniture and hidden rooms, the castle is a unique spot that should be on every Connecticut resident’s must-visit list. I was inspired to write this book about the creation of the castle and Gillette’s role in the evolution of Sherlock Holmes after visiting it while on assignment for this magazine. | ERIK OFGANG |



DANI AND THE DAY THE BULLY CHANGED EVERYTHING

By Donna DiMaio Rooney, illustrated by Sally Taylor
Sheepy Press
2016, 82 pages

Anyone who has witnessed bullying or known a loved one who has doesn’t need to be told that children are capable of being very cruel to one another. Bullying calls forth a number of important and difficult questions for young people. What is the role of the witness or bystander? How can we promote empathy in a world that seems to need it more than ever? This book by Connecticut-based Rooney places the complex and painful psychodrama of bullying in the setting of a farmyard, and the book allows young adults and children to explore notions of difference and how to overcome the impulse to do nothing. | MICHAEL LEE-MURPHY |



The Power of Women

**BEST-SELLING AUTHOR
BERTICE BERRY BRINGS HER
WISDOM TO POWER OF THE PURSE**

BY MARYELLEN FILLO

There are few places where woman power is more evident than at the annual Power of the Purse conference at the Connecticut Convention Center in Hartford. The June 15 fundraiser, put on by the United Way of Central and Northeastern Connecticut's Women's Leadership Council, not only features a near-capacity crowd of 1,200 and hundreds of donated designer bags that are up for grabs at its signature silent auction, but also award-winning guest speaker Bertice Berry.

Berry, a best-selling author, lecturer and sociologist, hosted and produced her own syndicated television talk show, and has appeared on a variety of television shows, including *CBS News Nightwatch* (the predecessor of *CBS Overnight News*), *The Oprah Winfrey Show* and *The Tonight Show with Jay Leno*.

Berry is the author of two memoirs, *The World According to Me* and *I'm On My Way, But Your Foot Is On My Head: A Black Woman's Story of Getting Over Life's Hurdles*, as well as several novels. A motivational speaker who lives in Savannah, Georgia, Berry reflected on her own values, the meaning of success, the gender gap, and her message for women as she prepares for her trip to Connecticut.

You are this year's headliner at the Power of the Purse event here in Hartford. Past speakers have debated the question of whether being successful as a woman, or anyone for that matter, means a symbolic purse full of money. Your thoughts?

Money does not buy you success. I believe with all my heart that to do the work you were supposed to do is the key to success. You know, when you are teaching, you don't make all the money in the world. But the joy from the 'ah ha' moment with a student is power. We trade so much of our power. Money is just one thing. Having it is a convenience, but the power of relationships, that's the real power. I would rather have favor than money. When you have favor, you don't need money.

What keeps women from success?

Women have more ego areas. Men just worry about being the best providers. Women worry about being the best provider with the best shoes, and the best purse, being the best cook, the best mother and wife, the best housekeeper, the prettiest, trying to be the

best at everything. We are constantly trying to be the best at EVERYTHING. We never relax to enjoy our relationships and to simply have them. When we are free of this pressure to be the best at everything, life is better. I love the idea that Power of the Purse brings women together, crossing demographics, professions, income, background. There is success and power in that. We connect with a lot of people in a short period of time, and when it is over, you leave feeling more inspired and more powerful than when you came in.

Here we are as women still fighting for the same equality it seems we have been fighting for forever. How do you think that change happens?

There has been change. And the issue is not about men against women. What we need is a wholehearted approach. Women who are in power are there because men brought them there. Slavery ended because someone said it had to end. Like-minded people who can think with their hearts and heads make change. Power of the Purse will not only be attended by women but also by really smart men who want to be in a room of amazing people.

What is the best advice you ever got?

And the worst?

The best advice is constantly changing, you know. I believe in, 'You cannot know then what you know now, but you do know now what you need in the future.' You don't know what is going to happen in the future, but everything that has happened to you up to this point is preparing you for it. It's kind of like I can't do anything about the doughnut I ate last year and the cellulite on my thighs, but I know now that if I don't want to see more, I don't eat the doughnut. It's about goal-setting, looking down the road and seeing what I am going to need and working on it now. And even without money you can prepare for this.

As far as the worst advice, any advice that pulls me away from who I am is bad advice. I don't want anything to keep me from being authentic to myself. When I was doing TV I was asked to cut off my dreadlocks and wear a wig so I would look 'normal.' And if I did it, I would get a signing bonus and the show renewed. It was worth more to me to be who I am than to take the deal. I knew the money and security could have done a lot for me and my family but I knew the true value was in being true to me.

In reading about you, I noticed you were a comedian and had a radio show as well as a TV show. Is it time for a comeback?

I'd consider it as long as it wouldn't be a traditional show. It would have to be something that allows me to be me. I get some crazy offer every year, and then they say but you would have to be more like 'this,' and that's the kiss of death for me. Time was when television was the only way to send a message. Now there are so many other ways.



Bertice Berry

What inspires you?

Everything, and I know that sounds trite to the world. I have this app, Periscope, and it's a live stream. Every day I watch things like children being rescued, or refugees finding a new life, or science breakthroughs. I find inspiration in real life. Beautiful music, nature, books, animals. I have five children. Some were my sister's and the others just smell children on me and join the family. [Berry has five adopted children.] I find inspiration in my church, an Episcopal church that looks like Downton Abbey and has a pastor who sounds like Malcolm X. It's not about what inspires me but what wakes me up. I was awakened years ago and am constantly learning to stay awake.

What is something most people don't know about you?

People don't know I stutter despite speaking publicly for a living. I only stutter now when I am exhausted or up too late. I play the handpan, which looks like an inverted steel pan, and the harmonica, both badly. There is always water in my refrigerator, because I love water. And I would rather wear a fun pair of shoes than the ones I can really walk in. I am hoping to wear a fun pair in Hartford!

POWER OF THE PURSE LUNCHEON AND SILENT AUCTION

JUNE 15 | 11 A.M.-1:30 P.M.

CONNECTICUT CONVENTION CENTER,
HARTFORD

Tickets: \$125
unitedwayinc.org

Connecticut's Beautiful Game

IN NEW HAVEN AND HARTFORD,
TWO NEW SOCCER TEAMS ADD TO
STATE'S SPORTS LANDSCAPE

BY MICHAEL LEE-MURPHY

For some reason, our country's sporting proclivities, like a few other things, diverged from globally established norms. While the rest of the globe coalesces around soccer, we have our own American rhythms of baseball and our American crash of football. But that other football, or *fútbol*, has made inroads in recent decades, and we have joined the world. There are more soccer games on television, the commentary is better, and American knowledge of the beautiful game has deepened and expanded. Soccer is the world's common language and Americans are starting to speak it with verve. What an excellent time it is then for Connecticut football (soccer) fans, as two teams celebrate their inaugural seasons here this summer.

New Haven's team, the mixed professional-amateur Elm City Express, plays on the west side of New Haven, in Yale's Reese Stadium. A late-April exhibition reveals it as a beautiful place to watch a match. The faded grandeur of the Yale Bowl looms next door, and the lights from the traffic on Derby Avenue begin to shine as night descends. As Elm City Express takes the field against Waterbury's Post University, Teddy Haley must feel a bit like King Solomon splitting the baby: he is the head coach of both teams. On this night, he commands Elm City, while his assistant at Post, Luis Figueiredo, coaches the Eagles.

Soccer is one of the few things that passes for a world language, and by at least one count, the Elm City players



An Elm City Express practice session. CATHERINE AVALONE

communicate with each other in four different tongues. The crowd, too, is polyglot. "Más arriba!" someone shouts from the crowd as a midfielder streaks up the side. In a stadium that seats more than 1,200, the crowd for this exhibition match appears to be mostly family of the players from all over the world.

That soccer exists as its own language, shared between peoples from different places, is not only a byproduct of the Elm City Express. It's part of the team's structure. Elm City's ownership group also owns a sister club in Brazil: Clube Atlético Tubarão. The Brazilian team plays in the first division league of the state of Santa Catarina. The two teams will share expertise and even players, according to Zack Henry, the club's president.

The connection with Brazil was one of the main reasons Haley joined the organization, the Post coach and former Division I college player says.

Elm City Express will play in the National Premier Soccer League, a sprawling league founded in 2003 that now has 13 conferences and nearly 100 teams across the country. Elm City's division consists of teams across New England, New Jersey and New York, including Hartford City FC, which is also new and will play at Central Connecticut State University's stadium in New Britain. Like their fellow Hartfordites the Yard Goats, Hartford City FC has had a bit of a delayed start. After initial plans to use Dillon Stadium descended into charges of wire fraud on the part of the team's first owners, Hartford City FC has a new ownership group and is playing its first matches in the NPSL.

As for why Henry decided to go with New Haven as a location, it is again that blend of peoples and cultures. In a release, Henry cites a recent study that shows New Haven's demographic mix is the most similar to the country's as a whole. "We are thrilled to be bringing our soccer club to the most American city in the U.S.," he says.

With a season that runs from late May to August, the NPSL operates in the 4th Division of the United States Soccer pyramid, with Major League Soccer at the top. NPSL teams are eligible to participate in the U.S. Open Cup through their

AINDRais recently won his 8th Blue Ribbon for fleece!

**Alpaca Fiber has been called
"the fiber of the Gods"**

51 Alpacas - superior genetics, incredible alpaca yarn

Pet and Show Quality Alpacas

16 Years Experience Raising Alpacas

Southwind Farms

223 Morris Town Line Highway, Watertown, CT
(off Rte. 63, 4.5 mi. north of Watertown Ctr.)

Call 860.274.9001 for a tour or visit our website for events:
southwindfarms.com

affiliation with the United States Soccer Federation and the United States Adult Soccer Association.

Elm City single-game tickets are \$10 for adults and \$8 for kids. For Hartford City FC, adult tickets are \$10 and kids' tickets are \$5. Season tickets for both clubs are \$50 for adults and \$25 for children 12 and under. Each team has six home games.

Along with president Henry and head coach Haley, Elm City Express is led by vice president Luiz Henrique Martins Ribeiro, general manager Brian Neumeyer and technical advisor Eric Da Costa, the Quinnipiac University men's soccer coach. Neumeyer recently completed his 19th season as Newtown High boys soccer coach and was a member of the Southern Connecticut State University men's soccer team that won the NCAA Division II title in 1990.

Some of the players Haley and his team have signed for Elm City are former players of his from Post, where he has coached since 2005. Elm City keeper Matt Jones, an Englishman who played his college years at Fairfield's Sacred Heart University, returns to Connecticut after stints in Portugal's Second Division and with the Philadelphia Union in the MLS. Defender and Guilford local Sean O'Brien will leapfrog West Rock

from Southern Connecticut State down to Reese Stadium.

For this preseason exhibition match, at a time when the squad is still being finalized, Elm City Express is by far the better team. They are looser, and play with an adventurous spirit up front, with probing strikers — like Cape Verde native and Quinnipiac star Graciano Brito — and midfielders with eyes that spot angles. In the first half, Elm City plays a fairly defensive game, and spends a lot of time in their own end. Gradually, they start feeling more comfortable making long stabs down the pitch, where a talented crew of midfielders and strikers begin to rain goals down on Post's keeper. The pros win 5-nil.

Haley speaks directly, with the slight rasp typical of the well-exercised voices of sports coaches. After the exhibition match, Haley is pleased, but not pleased enough. There is work to be done on transitional defense, on offensive sets. "There was a few times where we gave away too much space," he says.

"The ball turns, the world turns," the Uruguayan writer Eduardo Galeano once wrote about soccer. With the Elm City Express, the world turns around a ball on a field in New Haven.

elmcityexpress.com
hartfordcity.com

• I first | seen

• stepping out



• The excitement and glamour of Hollywood and the 89th Academy Awards came to the Spotlight Theatres in Hartford for the annual **Red Carpet Experience** fundraiser, sponsored by AIDS Connecticut (ACT). Attendees viewed the Academy Awards live and took part in red carpet interviews, a fashion show and silent auction. From left, pageant winners Joyce Keating, Kyle Ralston and Diane Saia. (photo by MaryEllen Fillo)

Who will be named 2017 Five Star Wealth Managers?



Find out in a special section of the December issue

Share your opinion — go to fivestarprofessional.com/wmconsumerfeedback



|community|

BY MICHAEL LEE-MURPHY

The back of the New Haven Community Correctional Center on Hudson Street in New Haven. PHOTO BY ARNOLD GOLD

THE ORGANIZATION: Connecticut Bail Fund

THE STORY: There are two guiding principles in the American criminal justice system. First, justice is blind to class, race and religion. The blindfolded statues all over courthouses make the point. Second, defendants are considered innocent until proven guilty in a court of law. While these principles have not always been upheld, and activists have had to fight for them to be realized and lived up to, they have long been the North Star by which judges, lawyers and the accused are meant to navigate. The system of pretrial detention violates both principles, according to the Connecticut Bail Fund, a new nonprofit and advocacy organization.

The Connecticut Bail Fund is a local version of an idea which has been tried elsewhere in the country. The group works to bail people out of pretrial detention as well as lobby lawmakers and educate the public about what it sees as a nucleus of injustice within the larger justice system. Since its founding in 2016 with a grant from the Yale Entrepreneurial Institute, the Connecticut Bail Fund has posted bonds for some 20 defendants who have been charged with a crime, and cannot afford to pay the bond themselves. When poor people are arrested and charged with a crime, Executive Director Brett Davidson says, those who cannot afford bond are held in a pretrial detention system that both affects the outcome of the case itself, and can have ripple effects throughout their lives.

“People with means get out of jail, access counsel, keep their jobs, keep their housing, keep their family during the pretrial period, can negotiate for better plea deals, can push for their right to a trial. Whereas if you can’t afford bail, then you are likely to lose your job, likely to lose your housing, likely to lose your family, all of which make you less sympathetic in the eyes of a judge,” Davidson says.

The American criminal justice system relies on plea bargains. If everyone charged with a crime demanded a trial, the entire system would collapse under the weight of the sheer number of people passing through it. As such, a feedback loop has developed wherein those charged with a crime who can’t pay their bond will often plead guilty to a crime they haven’t committed in order to get out of jail and resume their lives, and prosecutors have come to rely on this to grease the wheels of justice. The Connecticut Bail Fund calls the system “wealth-based jailing.”

The Connecticut Bail Fund seeks to make an intervention, and break this cycle. By paying the bonds, the bail fund allows

defendants to plead not guilty without the threat of pretrial jail hanging over them. The bail fund has an upper limit on the bonds it pays, though Davidson is reluctant to say exactly what it is, so as not to influence judges’ and prosecutors’ decisions about how high to set bail.

One of the people bailed out by the fund is Lewis S., a New Haven man who says he is innocent of the domestic violence charge against him, stemming from a fight with another man in his former home. (Lewis spoke on the condition that his full name not be used.)

Lewis says that, without the Connecticut Bail Fund, he would have had to plead guilty to his charge, despite disputing the state’s case against him.

Now he is out of jail and looking for a job, rather than sitting in the New Haven Correctional Center on Whalley Avenue awaiting trial, or in debt to a bail bondsman and with a conviction on his record for a crime he says he is innocent of and was never tried for. Echoing Davidson’s description of the harm that pretrial detention does to one’s legal case, Lewis offers his own piece of wisdom he gleaned in the jailhouse.

“You have a better chance of beating a case outside, than being in. If you can fight for the cause, then fight,” Lewis says.

Since its founding in 2016, the Connecticut Bail Fund has focused in the short term on bailing people out of pretrial detention. But the organization has long-term goals. In May, it launched the Immigrant Bail Fund. If the poor who are charged find themselves in a precarious legal system with less protection than those with money, people in immigration court in Hartford have even less protection. Increased anxiety about immigration enforcement since the election of Donald Trump has convinced the bail fund that the immigration detention system is equally deserving of scrutiny. The organization is hoping to raise \$100,000 over the next six months for the fund, according to Davidson.

“For me, it’s much deeper than just bailing people out. It’s about changing the system,” says Barbara Fair, a longtime New Haven activist who sits on the bail fund’s board of directors. Fair says that the original notion of bail was to ensure that a given person shows up to their court date, but over time has morphed into something entirely different that disproportionately jails blacks and Latinos.

To donate to the fund, go to ctbailfund.org.

If you have an organization with an event that you’d like us to consider for the Community page, please send the details to mmurphy@connecticutmag.com.



Dr. Robert Gallagher, MD
HEART CARE

Leader & Listener

Dr. Gallagher isn't just the chief of cardiothoracic surgery, he's also in the top of his field at listening to his patients. Because it's not just about great care, it's about taking the time to know how to provide it.

Get to know Dr. Gallagher and the rest of our credentialed heart care team at WCHN.org/heartcare | 1-800-511-7658

we know you **well**SM



Western Connecticut
Health Network

Danbury Hospital · New Milford Hospital · Norwalk Hospital



ROLEX

THE YACHT-MASTER

The emblematic nautical watch embodies a yachting heritage that stretches back to the 1950s.
It doesn't just tell time. It tells history.



OYSTER PERPETUAL YACHT-MASTER 40



2379 Black Rock Turnpike, Fairfield
203.374.8157

One of the country's top children's hospitals is all over the map in Fairfield County.

From cardiology to pediatric surgery, Yale New Haven Children's Hospital Pediatric Specialty Centers offer easy access to more than 35 pediatric specialties close to home. Our programs are nationally ranked year after year by *U.S. News & World Report*. That's news that should make both you and your child feel better.

To make an appointment, call 203-785-4081.

Pediatric Specialty Centers

5 Perryridge Road, Greenwich
747 Belden Avenue, Norwalk
5520 Park Avenue, Trumbull

ynhch.org



**Yale
NewHaven
Health**
**Yale New Haven
Children's Hospital**

**CONNECT TO OVER 330
DESTINATIONS
FROM NEW HAVEN**

**YOUR GATEWAY TO THE WORLD
RIGHT IN YOUR NEIGHBORHOOD**

**tweed** NEW
HVN
Southern Connecticut's Airport

flytweed.com

Advanced, comprehensive cancer care. At Park Avenue Medical Center.

Smilow Cancer Care Center at Park Avenue Medical Center in Trumbull brings you today's most advanced, most comprehensive cancer treatment in one location. From diagnosis to treatment, including one of the country's leading breast cancer programs, you'll be cared for with a level of skill and advanced technology few cancer centers can offer. In fact, Smilow Cancer Care Center is affiliated with Yale Cancer Center, the only National Cancer Institute-designated Comprehensive Cancer Center in Southern New England. And it's all close to home.

Specialty Services: Advanced Diagnostic Imaging; Surgical, Medical and Radiation Oncology; Norma Pfriem Breast Center; Pediatric Oncology; Infusion Center; Genetics Counseling; Advanced Clinical Trials; Integrative Medicine

Smilow Cancer Care Center

Park Avenue Medical Center
5520 Park Avenue
Trumbull, CT

closetofree.com

Yale
New Haven
Health
Smilow Cancer
Hospital



Justin Persico, MD

ARTS HAVEN

New Haven's International Festival of Arts & Ideas is one of the most important dates on the cultural calendar in Connecticut. Capitalizing on the pulling power of Yale's many brilliant facilities, the festival opens up the hallowed halls to the city at large. The month-long festival brings in the best and brightest from the worlds of music, theater, dance, visual art, photography, literature and political thought. The popular concerts on the New Haven Green — which, like so many of the 200 events, are free — include reggae group The Wailers and jam band Rusted Root on June 24. There are far too many excellent events to list here, so our advice is to check out artidea.org for particular events and ticket prices or pick up one of the many brochures in businesses around New Haven.



INTERNATIONAL FESTIVAL OF ARTS & IDEAS

JUNE 3-24 | NEW HAVEN

artidea.org

Dad, on my way over. Do you want me to pick up a couple slices from Sal's? It's your favorite.



Don't bother...I found a new favorite spot.

I have everything I need right here at home.

Brandywine...this is home



BRANDYWINE LIVING
at Litchfield

Life is Beautiful

19 Constitution Way | Litchfield, CT 06759 | 860.567.9500

Brandywine Senior Living has locations throughout NJ, PA, DE, CT, NY
www.Brandycare.com • 1-877-4BRANDY • *Relax...We're here.*

|this month| the short list

OPEN-DOOR POLICY

Once a year, Connecticut's great museums are open to the general public all over the state during **Open House**

Day. This year's event — its 13th edition — is scheduled for June 10, when the state's many wonderful museums, educational institutions and visitor attractions will open their doors for the general enjoyment of everyone, with discounts and even free attractions. Check out the Connecticut tourism office website for a full list of participating institutions. cultureandtourism.org/cct



Dinosaur State Park KINDRA CLINEFF

► PROCLAMING JUNETEENTH

Juneteenth is the name given to the day that commemorates the end of slavery in the U.S. This year, the New Britain Museum of American Art is hosting a family-oriented community event, rather than its usual formal gala. The free event runs from noon to 3 p.m. June 10, and will feature food, performances from local musicians and special workshops.

nbmaa.org/event/juneteenth-2017



See June 2017 calendar listings at connecticutmag.com/calendar

BAYOU ON THE THAMES

In terms of the unique peculiarity of a particular art form, zydeco stands alone in its incredible mixture of West African rhythms, blues and the accordion music of the Louisiana bayou. Head to Strawberry Park in Preston to check out the 21st annual **Bayou Cajun Zydeco Festival** June 8-11. You can bring your RV or camp in the rough. Depending on how long you want to stay, tickets range from \$60 to \$160.

eliteresorts.com/strawberry-park/21st-annual-strawberry-park-cajun-zydeco-festival

► FREE FALLIN'

Tom Petty has rocked several generations as one of the most steadfast fixtures of the American classic rock world. Along with fellow stalwart Joe Walsh, he brings his tour to Hartford's Xfinity Theatre on June 14. The show starts at 7 p.m.

theatrehartford.com

LATINO FEST

Our capital city is a proudly Latino one, and on June 24 Connecticut's Latino population gathers on the riverfront for food, music and other fun. **Latino Fest** runs from noon to 9 p.m. and has a mission to "provide the community with an opportunity to experience traditional and contemporary Latin American culture through the presentation of performing artists."

hartfordlatinofest.com



SAM JONES

| this month | front row

Poet **Billy Collins** is one of America's best-known and best-selling living poets. Named the U.S. Poet Laureate from 2001-03 and elected a member of the American Academy of Arts and Letters in 2016, Collins will open the 25th anniversary season of the Sunken Garden Poetry Festival on June 21 on the grounds of the historic Hill-Stead Museum in Farmington. The outdoor festival features five poetry events, as well as pre-reading talks and music, and concludes Aug. 16.

Have you been to the Sunken Garden Poetry Festival before?

Oh yeah, I've been to Sunken Garden a number of times; I can't count them. They're not uncountable, but more than a few. I've read outdoors and indoors. I've read in the garden a couple of times, and then one year we were rained out and the reading had to be moved into this beautiful church. There were people up in the balcony, and so I've read under the sky and stars and under the roof of a church.

What do you find special about the festival?

Well, the setting is amazing. You've got the museum there with all the great Haystack paintings, and that's, in itself, a cultural center. Then the most obvious way that it's a little different from other poetry scenes is that it is in a garden; it's outdoors, weather permitting. There's something kind of cozy about that, even though you're not enclosed. People bring baskets and they get set up with blankets and chairs. It's interesting to read poetry outdoors. It's probably the way it was originally read before there was a lot of housing. And that's the way Greek theater was performed: outdoors.

**BILLY COLLINS AT THE
SUNKEN GARDEN POETRY FESTIVAL**
JUNE 21 | 5 P.M.
HILL-STEAD MUSEUM, FARMINGTON
Tickets: \$20-\$25
860-677-4787, hillstead.org

Do you tailor your readings to particular festivals or venues?

I usually read some newer poems to keep myself alert, and some maybe better-known older poems. I usually try to mix a bit of humor with some more serious poems. And I try to aim for a balance. It's fun to read amusing poems. Audiences like it. For some people it's a relaxing or comforting realization that they don't have to listen to a lot of misery. My persona, I would say, is less miserable than many other poets. But if people start having too good a time, I'll throw in something more somber, something more serious or a little disturbing. I try to keep it going back and forth so we're not really sure where we are emotionally. Except we'll probably come off with a sense that we're in this mid-zone, which I think is probably called irony. We're between those two masks of the rictus smile of comedy and the downturned mouth of tragedy.

At the recent March for Science in Washington, there was a poetry contingent. You've read at the White House. Do you believe there is a different or changing need for poetry in the public and political spheres?

Yes and no. The swing to the right and the deranged quality of the administration is inciting artists, including poets, to react in their art. I know Michael Moore has a performance coming to the New York stage, and you hear of other artists banding together. One thing that is very necessary about that is protecting the arts, because of the threats of reducing or eliminating funding to institutions like the National Endowment for the Arts. I think artists are to be commended for circling the wagons, and standing their ground if they can. Political poetry usually doesn't last very long because it has a shelf life, it's tied to the headlines. I think more important than writing or painting politically — especially if you haven't done that usually, it's not your voice and you're sort of straining your voice in some way — I think it's more important to maintain a kind of artistic or poetic outlook on things. To listen to some of the lessons that poetry generally teaches us. Things like respect for nature, or seeing a connection between us and the natural world,

gratitude for being alive, kindness, paying attention, being in touch with your inner self, being in touch with sensitivity. All these things that, when you go generally to a lot of poetry, you find these same ideas are simmering. They're part of the poetic outlook on life. That should be maintained at any time.

What is your take on the new frontier of language offered by social media? Are you an enthusiastic participant or are you more hesitant?

I have nothing to do with it. I've done a lot of stupid things in my life, but I've never tweeted. I do have a Facebook page that my agent established. I've looked at it a couple times but I don't participate. I guess it's sort of an ad for me. Some recent living philosopher said that — and this kind of sums up my whole attitude toward social media — it's not so much that we're surrounded or engulfed by information. The problem is that we're engulfed by insignificance. . . . Users of it develop a virtual self. It's like a persona as a writer or a public personality that a public figure might have. And that needs to be maintained. Once you have that self out there, that virtual self . . . if you don't keep sustaining it, you'll disappear. That self will be erased. And for a lot of people, that has become the substitute for the actual social self that would go to a party or meet someone for a drink or go canoeing or whatever the hell. And that seems to be a bit dangerous in terms of one's conception of the self.

Do you think poetry can exist as an antidote to that?

I think poetry is a legitimate form of privacy, whereas social media is, I would say, the willing forfeiture of your privacy. In a lot of good poetry, one gets the feeling that you're alone with the poet. That's certainly the way I try to make my readers feel. I hardly have any people in my poems. My parents will show up. A dog might stroll across the page. But I'm basically alone with the reader. My poetry is not about other people, it's about me and the reader. Poetry is different than public language. It should be more intimate and it's just an entirely different way of perceiving and expressing.

| MICHAEL LEE-MURPHY |

PHOTO BY BILL HAYES



INNOVATIONS IN HEALTHCARE

SPECIAL ADVERTISING SECTION



Cancer Care: Keeping the Patient's Best Interest in Mind

Fighting cancer is not easy, but it helps to know that you are getting the best, most personalized care from a highly skilled team of medical professionals who treat you like a person—not a number.

Accredited by several leading organizations, including the American College of Surgeons Commission on Cancer and the National Accreditation Program for Breast Centers, the Middlesex Hospital Cancer Center uses the latest technology to diagnose and treat patients with all types of cancer, including breast cancer, colon cancer, gynecological cancer, lung cancer, prostate cancer, bladder cancer, head and neck cancer and skin cancer. The center's Nurse Navigator Program provides specially trained advance practice nurses to guide patients through the treatment and rehabilitation process, and the center's expert oncologists, radiologists and surgeons are there when you need them.

Since the Cancer Center in Middletown opened in 2002, the number of patients who require cancer treatment in Middlesex County has increased by 15 percent. That number is not insignificant, and the Hospital wants to make sure that it helps its neighbors when they need it most.

Every day, the Cancer Center strives to provide individualized, comprehensive services to every patient, family and caregiver. These services, provided in a

warm and caring setting, include survivorship care, integrative therapies, support groups, educational resources, community events, and outreach programs and transportation assistance. Oncology dietitians are trained to assess each patient's nutritional risks, and nutrition plans are created to address specific issues and needs.

In addition, Middlesex Hospital is a member of the Mayo Clinic Care Network, allowing Middlesex physicians and their patients' access to world-renowned cancer experts at Mayo Clinic.

The Cancer Center strives to treat and support the whole person—and their family, and the goal is to ensure that these individuals remain active participants as decisions are made about cancer treatment. Each treatment plan is personalized because the Cancer Center understands that everyone is unique.

Recognizing the importance of keeping cancer patients close to their homes and loved ones, the Hospital will expand its Cancer Center services this fall when it opens a satellite cancer center at the Shoreline Medical Center in Westbrook.

At the Middlesex Hospital Cancer Center, you will never doubt that you are the top priority.

For more information about the Middlesex Hospital Cancer Center, visit www.middlesexhospital.org, or call 860-358-2000.

The Smarter Choice for Care
 MIDDLESEX HOSPITAL

THE
SMARTER
CHOICE
FOR

HOPE



World-Class Cancer Care Is Coming to the Connecticut Shoreline

This fall, Middlesex Hospital is bringing the front line in the fight against cancer to the shoreline. Our new Shoreline Cancer Center will be home to our talented team of cancer specialists who can collaborate with the world's top cancer experts at Mayo Clinic. And it will bring with it all of the same advanced cancer treatments we offer at our existing Cancer Center in Middletown—all closer to home than you'd ever expect.

middlesexhospital.org/cancercenter

The Smarter Choice for Care
 MIDDLESEX HOSPITAL

MAYO
CLINIC

Care Network
Member



NEW TECHNOLOGY FOR REVERSING HERNIATED AND BULGING DISCS WITHOUT DANGEROUS AND DESTRUCTIVE EPIDURAL INJECTIONS, MEDICATIONS AND SURGERY!

newenglandspineanddisc.com

INTRODUCING Dr. Richard Carpenos, DC

Are you in pain? Have you tried everything to alleviate your pain without success? Are you contemplating surgery? Tried injections? Had surgery and are still in pain? In many cases, the operations are necessary for proper health and recovery from an injury. However, we have seen hundreds of patients who received operations they did not need and are still in ridiculous pain. NE Spine & Disc Healing Protocol is both high-tech and non-force, and most important, proven to be a safe and effective alternative to surgery. You will see we have the best therapeutic modality for advanced pain relief and expedited healing times! Our **LiteCure® Laser** delivers soothing, deep, penetrating, photonic energy to bring about profound physiologic changes and the damaged tissues begin the physiological process of repair 3-5 times faster than normal. This all occurs as the essential healing factors are brought in and the non-essential wastes are removed, with increased circulation at the site of injury. These therapeutic enhancements of the cellular chemistry are triggered by our **LiteCure® Laser**, making it a truly profound healing modality and experience!

Surgeon has PERSONAL Experience!

Dr. Robert Morrow, a well-known, trusted orthopedic surgeon who had completed over 15,000 surgeries, said "I was suffering from shoulder pain for 6 months straight with no relief. I heard about laser treatment and after seeing and hearing many of my patient's stories, I did more research on the topic and found that the doctors and staff now using these **LiteCure® Lasers** people who think that surgery is their only option. I went to get treated and was amazed that it took away all of my pain. After 6 months of misery, I was relieved and I am now **Pain Free!** I know that orthopedic surgeons don't always fully understand the available alternatives to surgery and, as a result, many patients are sent through long, painful and costly procedures. There are many of you who have been through the process of using prescription medications and injections... with little or no relief. Physicians who recommend drugs are limited by their options, for treatment, so they continue to prescribe medications. I have found that this NE Spine and Disc Healing Protocol very effective at treating patients that have not responded to other procedures, even those who have already tried surgery. I concluded, to give patients the best possible care, there needs to be referrals provided to chronic pain patients so they can receive these unique therapies."

*To everyone whose condition warrants this treatment.

**While these results are typical individual results may vary.

**391 Boston Post Rd.
Orange, CT 06477 • 203-799-3472**

ADVANCED TOOLS for diagnosing and providing the best pain relief possible!

Patients cannot get a more complete exam for this treatment than that provided at NE Spine and Disc. We are toolled with advanced diagnostic and care protocols, for the use of spinal decompression and deep tissue laser technologies that are the most advanced pain-relieving options in the market. We are toolled to provide you care that is breaking through the barriers of traditional medical and chiropractic. Don't undergo painful, costly, needless surgery that often can be avoided.

**CALL NOW!
1-800-PAIN-FREE
203-799-DISC (3472)**

**2 Free
Visits***

TESTIMONIALS of SMALL MIRACLES

Adele, Age 75 "For many years, I have suffered from lower back pain and pain radiating down both of my legs to my feet from an accident. Every time I exercised or moved just the wrong way I'd have pain that would last for a long time. I couldn't even roll out of bed without extreme pain. After the third visit all of my pain was gone. It was my own little miracle. I was very impressed by the care but also by the fact that the doctors were knowledgeable and very personable. The staff was friendly and helpful and I would recommend their treatment to everyone with neck or back pain."

Jack, Age 37 "I was working as a Police officer in April when I was injured on the job, lost the strength in my left arm and hand and had a lot of pain in my neck and midback. I saw many Doctors for 6 months with no resolution to my problem, whether Physical Therapy, Steroids, Pain Medication, or Nerve Block. The Surgeon wanted to do a 3 level fusion on my neck as the last treatment option. I saw the ad in the paper and decided I didn't have anything to lose and to give it a try, but it was my last chance before getting surgery. After my second visit I had regained all of my strength in my left arm and hand and had minimal pain in my neck. My life has drastically improved."

Duane, Age 77 "I woke up one evening with severe pain going down my right leg and went to a Doctor who couldn't tell me what was wrong. He told me to go home, take a hot bath and in a week if it didn't go away to come back. I had an MRI showing a bulging disc in the lower spine, with arthritis and gout. A family member told me about the Deep-Tissue Laser Treatment®, and after the first session the pain lessened significantly. At the end of the visit I could move around great. By the 5th or 6th visit I had no more pain in my leg and lower back. I am extremely satisfied, my legs are stronger, and I am standing up straight. This has been a fantastic thing and it all happened in 4 to 5 weeks. If I could tell you anything it would be to not take pain killers or have surgery until you experience incredible Deep-Tissue Laser Therapy".

All Aboard the Long Island Sound Ferry

BRIDGEPORT & PORT JEFFERSON STEAMBOAT CO. OFFERS ALTERNATIVE TO NEW YORK TRAFFIC JAMS, CONNECTS TRAVELERS TO ATTRACTIONS ON BOTH SIDES OF THE SOUND

BY ERIK OFGANG

It's fun to arrive on Long Island, but getting there is another story. Even though you can see it from Connecticut's coast, to make it to The Island, especially on a summer weekend, you must brave a trial-by-traffic, enduring delays on highways like I-95 and the Long Island Expressway. Whichever route you take, your patience, your relationship with your family and, most importantly, the strength of your vehicle's AC is tested. And somewhere shortly after you cross the Whitestone Bridge, the trip devolves into something that is part Festivus-style "airing of grievances" and part re-enactment of Jean-Paul Sartre's *No Exit*.

Or at least that's the way visits to relatives on Long Island have historically gone in my family. However, of late the trip itself has become something altogether unexpected: fun. That's because we've ditched the car, with its accompanying traffic jams, for an infinitely more enjoyable mode of transportation: the ferry.

The Bridgeport & Port Jefferson Steamboat Co. carries cars, bicycles and passengers between Bridgeport and Port Jefferson on Long Island's North Shore, with regularly scheduled ferries on weekdays and weekends, and increased frequency in the summer. Like its counterpart, The Cross Sound Ferry — offering service between New London and Orient Point, New York — the Bridgeport & Port Jefferson Ferry provides an idyllic way to cross Long Island Sound. Not only does taking the ferry allow you to avoid traffic delays, it is a quintessentially summer-in-Connecticut attraction in its own right. It gets those of us without a boat out on the Sound, where we can soak up the majestic body of water in all its sun-bathed glory, and it brings the chic Long Island town of Port Jefferson within easy reach. On top of that, there is lots to do near the Bridgeport terminal either before or after your journey.

The Bridgeport & Port Jefferson Steamboat Co. was founded in 1883 by Bridgeport resident, former mayor of the city and one of history's most colorful



The view from the stern of the Long Island Ferry. ERIK OFGANG

figures: P.T. Barnum. The famous showman was inspired by his friend, Captain Charles E. Tooker, a sailor who lived across the Sound in Port Jefferson. Tooker and his brother-in-law owned a controlling interest in the corporation, but there were 27 shareholders, including Barnum, who was elected the corporation's first president. The service was offered primarily to link the agriculture of Long Island with the industry of New England. Today, more than 130 years later, the ferry service has officially outlived Barnum's more famous circus business.

Launching from Bridgeport's Water Street Dock, the ferry ride lasts about an hour and 15 minutes, but on nice days, you hardly notice the passage of time. At the start of the voyage, if you glance across the water at Bass Pro Shops' Outdoor World, you'll notice that from this angle the "B" in the word "Bass" written on the roof of the superstore is blocked, giving the name a whole new meaning.

There are three vessels in the company's fleet, each featuring a galley offering hamburgers, hot dogs, pretzels and other ballpark-esque snacks. There is also a lounge at the bow (front) of the vessel, with a full bar with draft beer, wine and an old-school Florida happy hour vibe replete with a jukebox and satellite TVs for sports. During some summer weekends, an outdoor bar is offered on the main passenger level toward the stern, or back, of the vessel. Once describing the voyage as "two cocktails long," I have spent a good deal of time wasting away in these floating Margaritavilles, but as fun as the lounge is,

the star of each vessel is the top deck. Here, the open sea and summer breeze can be experienced in all their indescribable glory. The blue waters of the Sound sparkle like diamonds in the daytime, and at night the stars are reflected in the water, broken only by the green and red lights of other vessels glimpsed in the distance, like something out of Hemingway.

After arriving in Port Jefferson, beer lovers will want to make a beeline for the Port Jeff Brewing Co. (22 Mill Creek Road, 877-475-2739, portjeffbrewing.com). Within easy walking distance of the ferry, this brewery has a cozy, inviting taproom where guests can sample a variety of great brews. A favorite is the nautically named Party Boat IPA. Wine drinkers should check out the downtown wine shop of Pindar Vineyards (117 Main St.), a Long Island-based wine producer.

Afterward you can walk to The Pie of Port Jefferson (216 Main St., 631-331-4646, thepieofportjeff.com), which offers solid thin-crust, coal-fired pizza in a family-friendly setting that has, of late, served as the site of several extended reunions for my clan. Other dining options include Slurp Ramen (109 W. Broadway, 631-509-1166, slurpusa.com) and C'est Cheese (pronounced "say cheese"), a restaurant built around artisanal cheese, with sandwiches, salads and cheese pairings offered alongside craft beer and wine (216B Main St., 631-403-4944, cestcheesepj.com).

A village in the town of Brookhaven, Port Jefferson offers dozens of shops, ranging from antique shops to high-end apparel boutiques.

Harborfront Park is home to Bayles Boat Shop (631-474-4725, lise.org), where visitors can learn about historic boat building.

Beyond any particular place, it's always fun to people-watch and notice the subtle differences in culture and not-so-subtle differences in accents between Long Islanders and us Connecticut folk.

When your time in Port Jefferson is over and you're back in Bridgeport, you can cap the day with a trip to Brewport Brewing Co., a large brewpub in a former factory featuring New Haven-style pizza. Brewport is only a 3- to 4-minute drive

from the Bridgeport ferry terminal. Three miles away from the ferry is the Black Rock neighborhood of Bridgeport, home to an assortment of great dining and drinking destinations, including Source Coffeehouse (2889 Fairfield Ave., 203-522-5662, sourcecoffeehouse.com), the barbecue joint Walrus + Carpenter (2895 Fairfield Ave., 203-333-2733, walruscarpenterct.com) and Vietnamese pho hot spot Nom-eez (2992 Fairfield Ave., 203-923-8686, nom-eez.com).

Depending on where you go on Long Island, and where you're coming from in Connecticut, a ferry trip may add some

time to your overall commute, but it's a tangible reminder of the old saying: it's not the destination, it's the journey.

THE BRIDGEPORT & PORT JEFFERSON STEAMBOAT CO.

1 FERRY ACCESS ROAD, BRIDGEPORT

Summer schedule: 6:30 a.m.-9:30 p.m.,

leaving every hour on the half-hour

Ride duration: 1 hour, 15 minutes

888-443-3779, 88844ferry.com

| this month | on the screen

Shaping a Mann

AS HARTFORD LGBTQ FILM FESTIVAL MARKS 30 YEARS, CREATOR WILLIAM MANN SELECTS THE MOVIES, SHOWS THAT MOST INFLUENCED HIM

BY FRANK RIZZO

William Mann remembers the first Out Film CT, the LGBTQ film festival he co-founded in 1987.

Included in that first lineup were *Desert Hearts*, *Parting Glances* and a film by underground experimental filmmaker Kenneth Anger that prompted a few walk-outs. ("Sometimes art hurts," a friend told Mann.)

For the 30th anniversary of the festival, which takes place June 2-10 at Cinestudio at Trinity College in Hartford, we caught up with the Middletown-raised, Wesleyan-graduated Mann, who is now a novelist, educator, biographer and a Hollywood historian best known for his books on Katharine Hepburn, Barbra Streisand, Elizabeth Taylor and others. His next book, *The Contender*, is on Marlon Brando. His 2014 fact-based book, *Tinseltown*, about a high-profile murder in 1920s Hollywood, will be made into a limited series for FX.

We asked Mann, 54, who lives in Milford and Provincetown, Massachusetts, what films most influenced him as a gay man.

THE WIZARD OF OZ (1939) It was the movie I was obsessed with from the time I was a very little boy. It was an event movie that I saw every year and I would think about the film all year long. What drew me to the film was the sense of going in search of something bigger and more colorful than what you already have. I remember even as a very young kid, thinking about Dorothy in the end. 'What do you mean your heart's desires are in your own backyard? Not quite. That's the wrong lesson here. No, you've got to look for it elsewhere.'

BRIDE OF FRANKENSTEIN (1935) That was the gayest movie ever made. It's this wonderful mix of camp and pathos. It's really a queer allegory in so

many ways: The monster's rejected and run out of the community because he's a threat to children; he's different but no one recognizes it's a special beauty; he just wants to be loved. But really, I fell in love with all the Universal horror movies. If you go back and look at those, especially the ones by James Whale [director of *Frankenstein*, *Bride of Frankenstein* and *The Invisible Man*], there was a real queer sensibility going on.

THE POSEIDON ADVENTURE (1972) It's not a Golden Age of Hollywood movie, but I loved it anyway. I especially loved — and sobbed when she died — the character played by Shelley Winters. There was something that made me just bond to her. Everyone thought she was worthless, but she ends up saving the day. We had an above-ground pool when I was 10 and I was always Shelley Winters — Mrs. Rosen, this old Jewish lady — in the pool and my sister played everyone else.

THE MERRY WIDOW (1925) When I was a teenager I fell in love with silent films. I remember going down to Wesleyan to see them there. If you look at them, there's a larger-than-life quality to the acting because there's no dialogue. I remember seeing *The Merry Widow*, and Mae Murray was the most outrageous creature. I sat there mesmerized. It was that theatrical glamour that I responded to in some way.

SATURDAY NIGHT FEVER (1977) I think it was the first time in American films when male characters were as concerned with appearance as women. There was that feeling of male objectification, so I could go to this film as a kid in high school and watch a male being treated as a beautiful object.

PARTING GLANCES (1986) That was my college film. That was my first film, shown as part of a gay world without any "coded" behavior. 'Look at all these friends,' I thought, 'this community of people,



William Mann PHOTO BY FRANK RIZZO

and they like each other.' I wanted that. I wanted to be in a community like that. It was a part of the world I hadn't yet experienced.

MAKING LOVE (1982) and SUNDAY BLOODY SUNDAY (1971) *Making Love* is a terrible movie, and yet sitting there in the theater and seeing two men kissing I felt so alive and tingly and thinking, 'It exists and it's real.' But *Sunday Bloody Sunday* was so different. It's an amazing film, but John Schlesinger said originally [the studio executives] wanted to do the kiss between two men in silhouette and he said, 'No, this has to be full close-up or it's pointless. We have to do it that way.' And that was 1971. That's such a groundbreaking film, but I didn't see it until many years later.

BEAUTIFUL THING (1996) It was about two young gay boys in London and it is set to the soundtrack of the Mamas and the Papas. And even though I was an out gay man, an activist at that point, I remember seeing that film and these two boys — they were about 16 and it was a love story — and thinking, 'This is the future.'

But the biggest cultural shows that influenced me when I was young were on TV: They were **DARK SHADOWS (1966-71)**, still to this day my favorite television show of all time. The other was **THE MARY TYLER MOORE SHOW (1970-77)** because that show told me that you can have a different kind of family. That show was such a part of coming to terms with who I was. ■

The Model City, in Photos

NEW YALE TWO-VOLUME SET EXPLORES NEW HAVEN'S CHANGING URBAN LANDSCAPE | BY MICHAEL LEE-MURPHY

What promises does a city make to its people? What happens when those promises are broken?

Promises are bound up in the notion of New Haven. It's there in the name. The city was envisioned in its 17th-century founding as a sort of promised land, a space where evangelical ideas of progress could play themselves out. Twentieth-century politics would confirm the notion in the "Model City" politics of Mayor Richard Lee, in which highways and parking structures carved up large sections of the city. Today New Haven still serves as a testing ground for grand ideas, as urbanists and academics tinker with the machinery of the city, as New Haven stands in for urban America at large.

This month Yale University Art Gallery releases a two-volume set from photographers Jim Goldberg and Donovan Wylie that probes these central questions about the city. Goldberg's *Candy* and Wylie's *A Good and Spacious Land* bring two internationally renowned photographers together in New Haven. The two have traversed the globe, photographing in Liberia, Afghanistan, the Arctic, and in 2013 were both in a joint residency at Yale University Art Gallery. One is local, one is not. But both are interested in the forces that have shaped New Haven in recent decades.

While both photographers work in a conceptual form, their two aesthetics are markedly different.

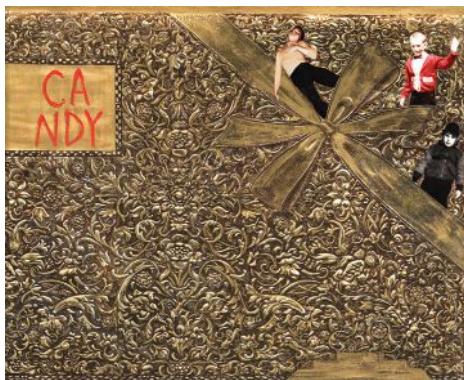
Goldberg's mixed-media approach — in which he incorporates stills from Super 8 film, collage and his subjects' own words and handwriting — presents a deeply *human* narrative perspective on the societal change in post-war New Haven. His narrative can be both heartbreakingly searingly angry: heartbroken about the injustice of poverty, and angry about why it is so. Goldberg is the local, born in New Haven in 1953. He says that as a child in Edgewood Elementary School, he remembers "standing up and clapping when the sons of Model City came in because they were the great hope, because their fathers and mothers were the great hope." Then, of course, the hope of the Model City was hope torn asunder for Goldberg, like many others. "There was a sense of betrayal on a personal level in my family because my father's business had to

be relocated because of the building of 91," he says, adding that his father's wholesale candy distributor was a dying business. "It was being replaced by big-box stores and there was no need for people like my father in the candy business." The big-box stores and the highways fed into one another, as those who had left the city for the suburbs cared less about what happened in places like New Haven. Goldberg's story

Ireland, NATO military operating posts in Afghanistan, and Cold War-era missile-detection systems in the Arctic. Wylie says that he initially came to New Haven with a mind to photograph the decaying gun factories that had once powered New Haven's economy, but was struck by the architecture of the highways. "What I found fascinating about being in New Haven was the *idea* of New Haven, the *idea* of Connecticut," he says. Wylie began to see that the highways are "so integrally linked to that philosophy and that mythology, and how people carried the weight of that mythology as well as the concrete would." *A Good and Spacious Land* takes its name from the story of Moses and the burning bush. In Wylie's New Haven, the cover photograph places the biblical story under a 91 overpass. "It's kind of an Irishman trying to figure out what America is about," Wylie says.

While the two volumes in the beautiful set use radically different photographic techniques, they complement each other well. Looking at one volume after the other forces a readjustment of perspective, and a new interpretation of the same physical spaces and the histories that created them. "The whole project is underpinned by ideas of history and myth, and that inevitably is all about conflict," Wylie says. The photographs in both volumes are accompanied by poems and essays from Christopher Klatell and Laura Wexler, who provide some historical and narrative context for the photographs in the book. Pamela Franks writes the introduction.

The two-volume set will be launched on June 15 in conjunction with an exhibition of both photographers' work at Yale University Art Gallery, 1111 Chapel St., New Haven. The set can be purchased at the gallery's bookstore or online.



provides the narrative arc for the first chapter of *Candy*, with subsequent chapters incorporating the stories of two other sons of New Haven: one a son of a New Haven Black Panther, another a son of a member of the Communist Party.

Wylie's compositions are taut and controlled. If there are people in his photographs, they are usually dwarfed by his real subject matter: the mammoth overpasses of I-91 and I-95 that slice up sections of the city. The Northern Ireland-born Wylie has, for the last decade or so, trained his lens on military architecture. He is fascinated by spaces of control, surveillance and confinement: prisons and British Army watchtowers in Northern

**CANDY AND
A GOOD AND SPACIOUS LAND**
YALE UNIVERSITY ART GALLERY,
DISTRIBUTED BY YALE UNIVERSITY PRESS

372 pages
artgallery.yale.edu



Stars Align for Connecticut's Tonys



Christy Altomare of *Anastasia* PHOTO BY MARA LAVITT

You can't blame the folks at the Connecticut Critics Circle (full disclosure, I'm one of them) for feeling pretty proud as they prepare for the 27th annual awards ceremony June 26 at 7:30 p.m. at the Edgerton Center for the Performing Arts at Sacred Heart University in Fairfield. After all, last year's winners — Yale Rep's premiere of **Paula Vogel's** *Indecent* and Hartford Stage's premiere of the musical *Anastasia* — went on to Broadway and to an armful of Tony Award nominations. (The 2017 Tony Awards will be televised June 11 at 8 p.m. on CBS.) So this year's Connecticut event — which is free and open to all theater lovers — will have an extra bit of cachet.

Also bringing some star power to the event will be master of ceremonies and three-time Tony Award-nominee **Terrence Mann** (*Les Miserables*, *Beauty and the Beast*, *Pippin* revival).

Besides recognizing outstanding work this past season at the state's professional theaters, the celebratory event will also spotlight several special awards. One will be given to **Paulette Haupt**, who is stepping down after 30 years as the founding artistic director of the National Music Theater Conference at the Eugene O'Neill Theater Center in Waterford. Among the musicals Haupt helped nurture are *Nine*, *In the Heights*, *Avenue Q*, *In Transit* and [title of show].

Also receiving a tribute will be veteran

character actor **Paxton Whitehead**, who played a vengeful college dean in **Rodney Dangerfield's** 1986 movie *Back to School*. Writer and actor **James Lecesne** will also be honored for his work with LGBTQ young people. The co-founder of The Trevor Project brought his solo show, *The Absolute Brightness of Leonard Pelkey*, to Hartford Stage this spring.



Terrence Mann PHOTO BY MATT PUGLIESE

MANN POWER

Speaking of Mann, the busy actor — he was on Broadway last year in the musicals *Tuck Everlasting* and *Finding Neverland* — is taking over as artistic director of the Nutmeg Summer Series at the University of Connecticut.

"I love 1776," says Mann, who chose the musical to open his three-show summer season. "I've done it several times. It's a great story. It's sort of the forerunner of *Hamilton*, in a way, by giving everyone a

quick and dramatic history lesson about how fragile our system of government was as we just started to become a country."

Mann, who succeeds **Vincent Cardinal** in that post, also selected the backstage farce *Noises Off!* and the kid-centric musical *Newsies*.

"I don't have a particular plan of what shows we need to do," says Mann. "I think we just have to test the waters with folks in the areas and see what they're interested in, and what will make them get up and leave the house and go to the theater. But we're also on a university campus, so I also want theater that's young, vital and speaks to the tumultuous times we live in."

"I'm also calling all my friends who I've worked with over the years on Broadway, television and film and saying, 'Come on up.'"



Darko Tresnjak

NOTHING BUT HEARTBREAK

Darko Tresnjak, artistic director at Hartford Stage, can't wait for the plays to be written that reflect the recent election and the times we're living in.

In the meantime, he'll be presenting George Bernard Shaw's *Heartbreak House*, which replaces Shaw's *Saint Joan* as the season ender.

So it was ta-ta Joan and hello Captain Shotover (who will be played by Miles Anderson, a veteran of the Royal Shakespeare Co.) with *Heartbreak House*, now playing through June 11.

"I'm very passionate about this play because it may feel even more alive right now," says Tresnjak, fresh from staging *Anastasia* on Broadway, which is even more sumptuous than when it played Hartford Stage last year.

"It's a play that succeeds on both a

psychological and allegorical level," says Tresnjak. "It's a play that is both intimate and epic. And it's one of the most prophetic plays ever written."

Tresnjak says while the setting is 1914 England, the themes that the play explores are especially relevant today. "It asks the questions, how do people live in a country that is polarized. And who should and shouldn't get into politics?"

And theaters with a political point of view?

"Even at Hartford Stage we got some complaints when we did the Ghostlight Project [a nationwide event in support of inclusion, following the divisive election] saying the theater shouldn't get involved in politics. And that I won't tolerate. That's the stupidest thing I ever heard. Theaters have been involved in politics since the Greeks, since *The Trojan Women*."

COMING TOGETHER ON STAGE

It's kind of hard to describe, says **Aaron Jafferis**, talking about the show he created with composer **Byron Au Yong**, which will play New Haven's International Festival of Arts & Ideas June 17-18 at Long Wharf Theatre.

Perhaps "theatrical oratorio" is the closest term to describe the show, but even that misses the community-based reflections surrounding the Virginia Tech



Aaron Jafferis and Byron Au Yong

and Newtown killings. The new piece is called *[Belonging]*, and it's "a performance event" featuring locally cast singers, beatboxers and hip-hop artists.

Jafferis lives in New Haven and is a veteran of the festival, which presented *Stuck Elevator*, the intimate and claustrophobic opera he also created with Yong. (Theater fans may remember Jafferis when he was in the ensemble cast of *The Good People of New Haven* in 2000 at Long Wharf Theatre.)

"We knew it couldn't be a show about the shooter, but rather about the community," he says. "We wanted *[Belonging]* to look at what connects and disconnects. We wanted to create a show that bridges that gap and

be a galvanizing force in New Haven, which has lost so much due to gun violence."

SHORT TAKES

Alan Cumming will perform at Long Wharf Theatre's gala June 5. The ticketed concert portion of the event is open to the public. ... **John Waters** will once again redefine camp. This Sept. 22-24, 300 lucky campers will be part of a decidedly off-beat, week-long outdoor camp experience in Kent. ... New Haven Pulitzer Prize-winning playwright **Donald Margulies** just had a new stage work, *Long Lost*, read at South Coast Repertory in Costa Mesa, California. **Casey Stangl** directed. ...

Hamilton will first play Connecticut at Hartford's Bushnell for a three-week run for the 2018-19 season (I bet it's sometime in the first half, though.) First dibs for tickets begin in the spring for renewing subscribers of the 2017-18 season, followed by new subscribers, followed by the hoi polloi for single-ticket sales.

Frank Rizzo has covered the arts-entertainment scene in Connecticut since disco reigned in the '70s, including nearly 34 years writing for the Hartford Courant. Email him at FrRiz@aol.com. Follow him on Twitter @ShowRiz.

HOTCHKISS

SUMMER PORTALS

A large image of the Hotchkiss School building, a modern structure with a curved glass facade and a red metal frame, set against a backdrop of trees and a lake.

Sunday, July 16 - 4:00 p.m.
BORIS BERMAN

Wednesday, July 19 - 7:30 p.m.
LUIZ DE MOURA CASTRO

Saturday, July 22 - 7:30 p.m.
5 YEAR ANNIVERSARY GALA
FABIO AND GISELE WITKOWSKI WITH
THE FINE ARTS QUARTET

Tuesday, July 25 - 7:30 p.m.
YURI BOGDANOV

Thursday, July 27 - 7:30 p.m.
OXANA YABLONSKAYA

Saturday, July 29 - 7:30 p.m.
GRAND FINALE CONCERT

A grid of small images showing portraits of the performers: Boris Berman, Luiz de Moura Castro, Fabio and Gisele Witkowski, Yuri Bogdanov, and Oxana Yablonskaya.

ALL CONCERTS FREE AND OPEN TO THE PUBLIC

The Hotchkiss School • Katherine M. Elfers Hall • Esther Eastman Music Center
11 Interlaken Road, Lakeville, CT • (860) 435-3775 • www.hotchkiss.org/summer

JUNE 2017 CONNECTICUT 27

AWARD-WINNING

SUNDAY BRUNCH

Every Sunday

11AM-3PM



Welcoming Families & Friends For Over 30 Years



SEE WHAT'S NEW AT WATER'S EDGE!

Renovations are complete in the Guest Rooms, Pool, Gift Shop, Health Club and Lobby! The *NEW* Sunset Bar & Grill Opens this May! Visit the website or follow us on Facebook for more details!

1525 Boston Post Road • Westbrook, CT 06498
860.399.5901 • WatersEdgeResortandSpa.com



Here Comes the Sun Mystic Country

By MICHELLE BODAK ACRI

Quality time. Why does it seem like we never get enough of it with the ones we love? Well, then, let's resolve to do something about that, right here, right now. The sun is shining, the sky is blue and family fun in the sun just happens to be our specialty here in Mystic Country. There are fireflies to chase, dinosaurs to hunt, wooden ships to sail and sandy shores to explore. Adventure awaits, dear friends, so grab the kids, silence that cell and head on out the door — to summer!

SEAPORT SUMMER

The 38th annual Sea Music Festival at Mystic Seaport (860-572-0711 or mysticseaport.org) June 8-11 provides visitors with the opportunity to hear an array of performers from across the world perform maritime music from the Golden Age of Sail right through the best of contemporary compositions. Festivities include concerts, performances for children, workshops and the unique opportunity to witness sea music at work aboard the seaport's extraordinary historic vessels.

The annual WoodenBoat Show will take place June 30-July 2 and offer something for all wooden-boat enthusiasts and marine-history buffs. Wooden boats of every type — large and small, old and new, power, sail, oar and paddle — will be on proud display. Interested in the construction of smaller boats? Head straight for the Family BoatBuilding tent, where families and teams will work to build their own canoe or skiff during the weekend. Purchased kits are opened at 9 a.m. Friday and tools are put down around 3 p.m. Sunday, leaving, in most cases, a boat awaiting only final finish work — some boats will even be launched at the show!

Finally, for flag-waving family fun, plan your visit for the seaport's Independence Day Celebration circa 1876, which will include boat races on the Mystic River, 19th-century lawn games, a parade and a concert by the Mystic Silver Cornet Band.

MUSIC TO OUR EARS

The Goodspeed Opera House (860-873-8668 or goodspeed.org) has earned its title as the "Home of the American Musical." The historic theater on the banks of the Connecticut River in East Haddam has produced more than 250 musicals (including more than 70 world premieres), exported 21 productions to Broadway and stands as the first regional theater in America to earn two special Tony Awards — one in 1980 for outstanding contributions to the American musical and a second in 1995 for distinguished achievement for a regional theater. Even better news? With its goal to both produce and preserve the American musical, there's no end in sight! The Goodspeed mounts both new and newly revived musicals each year at the opera house and on a second stage at the Norma Terris Theatre in Chester. This summer, *Thoroughly Modern Millie* is at the Goodspeed through July 2, followed by Rodgers & Hammerstein's *Oklahoma!* from July 14 through Sept. 23, while the Terris has new musicals *Deathless* from June 2 to July 2 and *Darling Grenadine* from Aug. 18 through Sept. 17. A Friday Dinner Theater Package includes a three-course dinner at the Gelston House (located next door) and a ticket to a performance Friday at 8 p.m. at The Goodspeed for \$89 — score!

PLAY DATE(S)

Can you get to Ivoryton by way of Westbrook? Beginning this summer you can. Water's Edge Resort & Spa (860-399-5901 or watersedgeresortandspa.com) on Long Island Sound in Westbrook recently announced a new partnership with the Ivoryton Playhouse in which professionals from the landmark theater, founded in 1930, will present "Playhouse on the Shore," a series of cabaret-style dinner-theater performances written for and performed exclusively at Water's Edge. The original series will showcase Ivoryton Playhouse performers and musicians in four unique events: "Great Balls of Fire," rock 'n' roll and so much more on June 11 and 18; "A Night on the Town," showcasing great Broadway composers on June 25 and July 9; "That's Amore!" celebrating all things Italian on July 16 and 23; and "Sounds of the '70s" on July 30 and Aug. 13. Each evening will begin with cocktails at 5:30 p.m. followed by a first set at 6:15, a themed buffet dinner at 7 and a second set at 8. Tickets for the buffet and show are \$69 a person; an overnight package for two for \$299 includes dinner, show and a room for two. If you buy all four shows before June 10, you pay for only three.

IT TAKES A VILLAGE

Brachiosaurus, euoplocephalus, therizinosaurus ... more than 40 life-size dinosaurs "roam" 60 wooded acres at The Dinosaur Place at Nature's Art Village in Montville (860-443-4367 or naturesartvillage.com) — and these big dudes spread along 1½ miles of easy-to-walk nature trails are just the beginning. Top attractions at the outdoor adventure park also include a two-story T. Rex Tower Playscape to climb up, down and slide all around; a Jurassic Moon Bounce; a "MAZE"asuarus (a twisting, turning mammoth-size maze to maneuver); and New England's largest Splashpad®, a rockin' zero-depth water playground with more than 30 dinosaur-themed water features — hello, summer!

Should you decide to take your adventuring indoors, there's also Discovery Depot, a hands-on indoor activity center where you can dig for crystals and minerals, pan for "gold" or unearth dinosaur fossils; The Gateway Museum: A Village of Progress, a timeless village showcasing 200 years of American trades and innovations; The Shops at Nature's Art Village for gemstone jewelry, fossils and minerals from around the world, educational toys and games, and a stellar selection of beading and jewelry-making supplies; and, finally, The PAST Antiques Marketplace, which showcases more than 90 vendors selling one-of-a-kind antiques, crafts and collectibles — whew! Now that's a village!

EVERYTHING UNDER THE SUN

Mohegan Sun (888-226-7711 or mohegansun.com) has got it goin' on this summer. To start, the state's very own WNBA team, the Connecticut Sun, calls Mohegan Sun Arena "home." June dates include the Atlanta Dream (June 10), the New York Liberty (June 14), the Los Angeles Sparks (June 27) and Seattle Storm (June 29). Nothing but net, ladies, nothing but net.

Other hot tickets at the arena include Neil Diamond on June 11, Journey on June 16, *Dancing with the Stars: Live!* Hot Summer Nights on June 30 and July 1, Ed Sheeran on July 14 and 15, Jeff Dunham on July 21 and Kenny Chesney on Aug. 10 and 11.

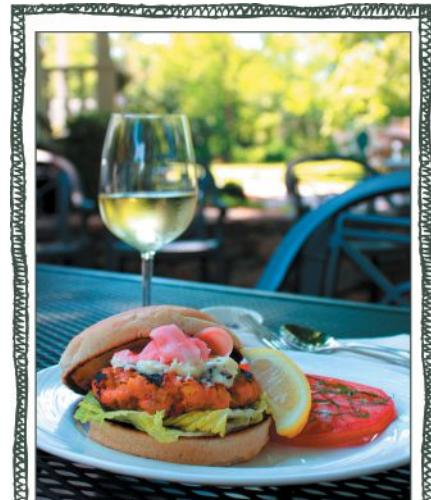
Then it's all about finger-lickin' fun at Sun BBQFest on June 3 and 4, where festivities include rib and wing challenges, tips and tricks from the Weber Grill specialists, live music, fireworks and more.

To kick off Northeast Auction week, The New England Concours d'Elegance event, your chance to see some of the finest automobiles ever built, takes place June 17 and 18 at Mohegan Sun, while June 21-24, Barrett-Jackson presents The World's Greatest Collector Car Auctions, where some of the world's most sought-after, unique and valuable automobiles cross the block.

Switching gears, so to speak, TerrificOn, Connecticut's comic book convention of conventions, returns Aug. 18-20 — come get your cosplay on.

CENTER STAGE

New London's Garde Theatre, part of the nonprofit performing arts organization known as the Garde Arts Center (860-444-7373 or gardearts.org), was built in 1926 during the golden era of motion pictures.



DINE AL FRESCO...

Fresh Air.
Great Food.
Great Company.



85 Lyme St
Old Lyme, CT
860.434.2600

www.oldlymeinn.com

Donovan, '60s legend, poet and singer/songwriter for the ages, takes over its gilded stage on June 3 for his 50th Anniversary of Sunshine Superman Tour. Expect to sing along to classics like "The Hurdy Gurdy Man," "Jennifer Juniper" and, all together now: "They call me mellow yellow..." Theaterworks' production of *Charlotte's Web*, based on E.B. White's loving tale of friendship between a pig named Wilbur and a little "lady" named Charlotte, is up next on June 6. Finally, should you have a budding thespian or two in your midst, The Garde and Missoula Children's Theatre's Summer on Stage kicks off with "Beauty Lou and The Country Beast," an original country-western adaptation of the fairy-tale classic *Beauty and the Beast*. The session takes place June 26-30, with performances (by children who've spent the week taking classes in acting, movement and stagecraft makeup, and now participate as actors, singers, dancers, stagehands and assistant directors) on July 1. Additional summer sessions take on *Cinderella* and *Jack and the Beanstalk*.

THAT'S OUR GIRL

The Katharine Hepburn Cultural Arts Center in Old Saybrook (860-510-0473 or thekate.org), aka "The Kate," is one happenin' place. Up for your consideration this June: Singer/musician/songwriter John Mayall, often referred to as "The Godfather of British Blues," kicks off a very full month with a June 1 performance, while Micky Dolenz, the Voice of the Monkees, takes the stage on June 4 with multi-generational hits like "I'm a Believer," "Last Train to Clarksville," "Daydream Believer" and "Pleasant Valley Sunday." *National Theater Live in HD: Obsession* on The Kate's big screen on June 8, features Jude Law in the stage production of *Obsession*, broadcast live from the Barbican Theatre in London. Singer/songwriter Crystal Bowersox, who has collaborated with everyone from Joe Cocker and B.B. King to Alanis Morissette and Melissa Etheridge, brings her soulful, stirring approach to Americana music to the stage on June 15. Almost Queen, said to be the most authentic Queen live show since the days of Queen themselves, brings signature four-part harmonies, intricate musical interludes and killer costumes to stage on June 24, and Barb Jungr and John McDaniels, two giants of cabaret from both sides of the Atlantic, celebrate The Beatles on June 30.

AND ALL THE JAZZ

Stuffed French toast, buttermilk pancakes or perhaps a ham, pear and Brie croissant on your mind? Sunday Jazzy Brunch at the Old Lyme Inn (860-434-2600 or oldlymeinn.com) features all of the above plus live music by owner Ken Kitchings' jazz quartet Kenny and the Bad Pennies. For still more jazz, check out what's doin' at Kitchings' "long-cherished" dream, the inn's SideDoor Jazz Club. The June lineup at the SideDoor, named one of *DownBeat* magazine's 2016 Best International Jazz Venues, includes the Terell Stafford Quintet (June 2 and 3), Charnett Moffett (June 10), David DeJesus and Drive (June 17), Ed Reed (June 23), Adam O'Farrill's Stranger Days (June 24) and the Bill Charlap Trio (June 30 and July 1).

Better yet: you get a discounted stay at the inn itself with the purchase of jazz tickets. The building that now houses the Old Lyme Inn was constructed circa 1856 by the Champlain family and was the center of a 300-acre working farm. In fact, at the turn of the century many of Old Lyme's famous Impressionist artists hauled their painting wagons into the farm's fields and woodlands to paint *en plein air*. Each of the 13 guest rooms here has been fully renovated so that new (flat-screen televisions, gas fireplaces and heated floors) and old (antique furniture original to the inn and local artwork) mix nicely.



Grillin' & Chillin'

- Grill Sauces & Rubs
- Cookbooks
- Paper Goods
- Grilling Tools
- Outdoor Entertaining Essentials

BEST OF '16 CONNECTICUT WINNER

Best of Connecticut ® Winner For Best Gift Shop!
Old Lyme Marketplace, Old Lyme, CT 860.434.3562 www.thebowerbird.com



families are part of our story

Climb aboard our fleet of playscape boats, learn to tie knots in the Discovery Barn, and swab the deck in the Children's Museum. Four-season activities bring exhibits to life for kids of all ages.

Explore new exhibits and rediscover your favorites.

SEA HISTORY ALIVE
mysticseaport.org/stories

MYSTIC SEAPORT
THE MUSEUM
OF AMERICA
AND THE SEA



Deregulation and How It Affects You

The federal government is in the midst of a deregulatory makeover. Big league.

The Dodd-Frank Act, a signature achievement of former Connecticut Sen. Chris Dodd and the cornerstone of financial reform during the Obama administration, might not last as constructed. Also in the crosshairs is the federal consumer watchdog agency it created in 2010, the Consumer Financial Protection Bureau, with its answer-to-no-one leader, Richard Cordray.

The CFPB, which reshaped Wall Street and this country's banking system, returned close to \$12 billion in relief to consumers — including a \$100 million fine against Wells Fargo to settle complaints about opening accounts without customers' approval. Both Dodd-Frank and the CFPB could use a refresh, but they might not get a chance.

Maybe regulation vs. deregulation is too obtuse. In consumer terms, it's the difference between an internet governed by equal-opportunity access — a concept known as net neutrality — and a free-enterprise internet that allows Comcast, AT&T and other providers to hog bandwidth for its streaming-video subscribers.

A few other ways our business-first federal government might affect the everyday consumer:

OPTING OUT OF INTERNET PRIVACY

Congress voted in late March to repeal landmark internet privacy protections approved by the Federal Communications Commission in 2016 that were scheduled to take effect by the end of this year.

The rules would have overturned existing standards that allow internet service providers such as Comcast, Cox Communications and Verizon to track your browsing activity and sell that data to advertisers without your consent unless you "opt out." Instead, internet snooping would have been prohibited unless you wanted it and thus opted in.

Individual states, only days after the new legislation was signed into law, are now fighting it the same way they are fighting the unraveling of environmental regulations. Connecticut was among the first 10 states to push for laws that would counteract federal action.

"Make no mistake, this is really about money and following the money," says Senate Majority Leader Bob Duff, D-Norwalk, who proposed a state law April 5 offering



ARTQUI/STOCK/THINKSTOCK

consumers protection of their personal information online. "This is nothing more than taking people's information when they are on an internet service provider and selling it to the highest bidder."

What you can do: Call your ISP and say you want to opt out of personal data collection. Or do it online, if available. (Comcast subscribers, go to xfin.tv/2oBRYuq.) Remember, your phone conversations are protected. Your web behavior is not. Your ISP knows your shopping habits and health worries, even whether you've been frequenting seedy regions of the Internet.

YOUR RETIREMENT AND THE FIDUCIARY RULE

A new fiduciary rule that would require financial advisers who oversee \$3 trillion in retirement savings to act in their clients' best interests, scheduled to start in January 2018, has been pushed aside by a presidential order.

Financial advisers with conflicts of interest cost investors up to \$17 billion each year in unnecessary fees or low returns, according to a 2015 federal report. And half of Americans aren't sure they can afford retirement, according to a new survey by the American Institute of CPAs.

This won't help.

What you can do: If you need a financial adviser, consider a fee-only adviser who charges an hourly rate or a flat retainer. (For more information, check out the National Association of Personal Financial Advisors at napfa.org.)

THE TIME WARNER-CHARTER MERGER

Why should anyone care about the \$85 billion Time Warner merger with Charter Communications, a deal between a content producer and content provider? The Obama administration approved it with a qualification that required Charter to extend its cable service into 1 million homes in areas with service from another provider.

Just what the consumer wants: More competition and, presumably, the better service and lower prices that come with it. But not what the Trump administration wants: When reviewing the merger, it dropped the 1 million "overbuild" clause.

What you can do: In a market with little competition, not much. But if your cable provider is also your internet provider, consider dropping your cable package. Two million households "cut the cord" last year. Skinny bundles with fewer channels and much lower prices are available from DirecTV Now, Sling TV, PlayStation Vue and others that require only a broadband connection.

A ROBOCALL BREAK

A possible win for consumers: Phone-service providers, obligated by federal law to complete every call as dialed, could block automated calls from numbers that appear to be fake or unassigned, under new rules proposed by the FCC.

Robocalls, once easily identifiable by their out-of-state or toll-free number that appears on Caller ID, now typically adopt local numbers — a practice called spoofing — to increase the chances you'll pick up the phone.

Robocalls, at a rate of 2.4 billion placed each month, are truly an enemy of the American people.

What you can do: Hope these rules come true, quickly. Meanwhile, ask your phone provider if it provides free robocall screening. AT&T U-verse, Verizon Fios, Frontier, Comcast, Optimum, Charter, Time Warner Cable and others use Nomorobo. To sign up, go to nomorobo.com.

Send your consumer complaints, concerns and tips to CONNsumer@connecticutmag.com.

FATHER'S DAY CLEARANCE

Save on All Collections



FREE
HAMMOCK
WITH ANY FURNITURE SET



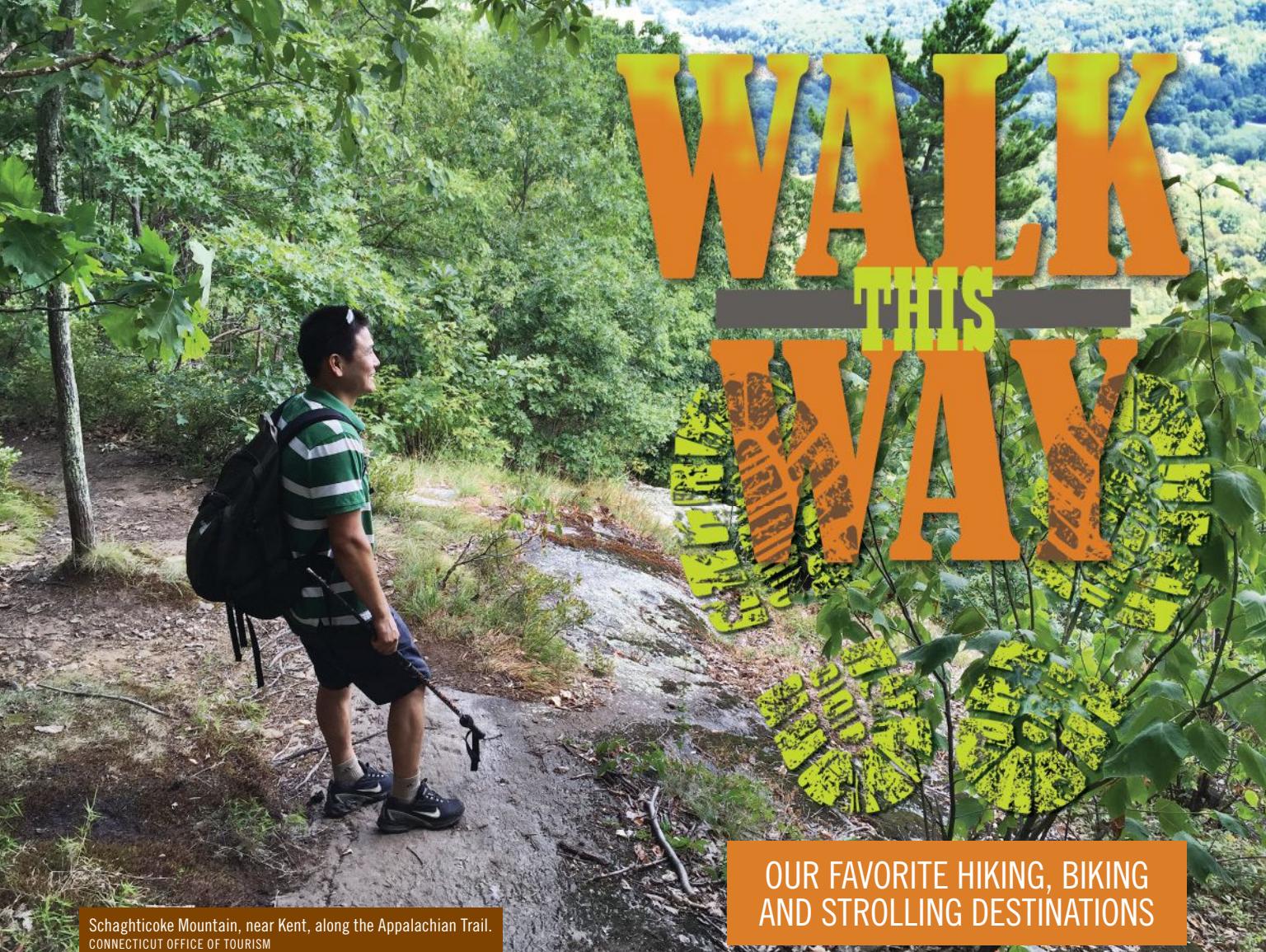
Must present coupon prior to purchase.
Coupons cannot be combined. Valid on in-stock furniture sets
(minimum 5 pieces). Expires 7/31/2017.



patio.com

CALL 1.800.PATIO.COM OR VISIT OUR ONLINE STORE
OPEN 7 DAYS A WEEK 10AM-7PM

Greenwich • Westport • Ridgefield • Mount Kisco • Scarsdale
Southampton • Rockville • Tysons Corner • Fairfax
• Sterling • King of Prussia • Boca Raton



Schaghticoke Mountain, near Kent, along the Appalachian Trail.
CONNECTICUT OFFICE OF TOURISM

BY ERIK OFGANG, ALBIE YURAVICH,
MICHAEL LEE-MURPHY AND
MIKE WOLLSCHLAGER

You don't have to look very far to find a great place to explore nature in Connecticut. Scenic wilderness trails criss-cross nearly every corner of the state, offering views aplenty. From flat and, in some cases, paved walkways to intense wilderness hikes, and dog- and bicyclist-friendly destinations, there are dozens, if not hundreds, of wonderful places to get out and about in the state. Here we take a closer look at 26 of our favorites. If your preferred spot did or did not make our list, let us know by emailing editorial@connecticutmag.com. Note: If a location is designated as dog friendly, please assume dogs must be leashed at all times.

Macedonia Brook State Park

Kent

Step into the wilderness at this hardcore hiking destination. Cellphone service is spotty, and the signs and sounds of

civilization are far away at this 2,300-acre wilderness park occupying land once owned by Native Americans. There are miles of rugged hiking trails, including the Macedonia Ridge Trail, which takes you to the top of Cobble Mountain (elevation 1,380 feet) and offers spectacular views of the Taconic and Catskill mountain ranges. Several streams also traverse the park. In years past, Macedonia has also served as a campground, but the park's campground is not expected to be in operation in 2017, as it is likely to be another casualty of the state's ongoing budget woes.

LENGTH: More than 11½ miles

BIKING? Yes **DOG FRIENDLY?** Yes

860-927-3238, www.ct.gov/dep/macedoniabrook

Kent Falls State Park

Kent

For a less intense but equally scenic hike in Kent, visit this beloved natural attraction. From the parking lot, guests cross a covered bridge into a scenic field with picnic tables, grills and great views of the falls. From there they can trek up a

paved but steep path beside the falls that winds up the hillside for 200 feet before ending at a dramatic 70-foot cascade. The walk is only a quarter-mile each way, but feels longer on the way up. There are many scenic spots and viewing platforms along the way, allowing guests to gaze at different cascades and areas where the limestone over which the water flows has been carved into interesting shapes. The park is free during the week, but there is a \$9 parking fee for state residents and \$15 fee for non-state residents on weekends and holidays from Memorial Day until Oct. 31.

LENGTH: Half-mile there-and-back

BIKING? No **DOG FRIENDLY?** Yes

860-927-3238, www.ct.gov/dep/kentfalls

Appalachian Trail

About 52 miles of the world-famous Appalachian Trail (AT) cuts through Connecticut from the New York border into Kent, then on to Salisbury and into Massachusetts. It passes through the town of Cornwall and the villages of Falls Village and Lime Rock, slicing its way up and down the Litchfield Hills, aka the foothills

of the Berkshire Mountains. There are waterfalls, country vistas, steep climbs and relatively flat areas. The Undermountain Trail on Bear Mountain links up with the AT — a three-quarter-mile section in Falls Village is flat and wheelchair accessible — and there are several popular spots in Kent, including St. John's Ledges, a 4.7-mile section of the trail that includes several sweeping views of the Housatonic Valley and is accessible from River Road.

LENGTH: About 52 miles
BIKING? No **DOG FRIENDLY?** Yes
appalachiantrail.org

Devil's Den Nature Preserve

Weston

At 1,756 acres, Devil's Den is the state's largest continuous preserve. It straddles the towns of Weston and Redding and offers a 20-mile trail system that takes walkers past rocky crests, outcroppings, cliffs and high ledges, many partially covered with grasses and mosses. The preserve provides habitat for 500 types of trees and wildflowers, as well as red fox, bobcats, coyote, Eastern copperheads, wood ducks, woodpeckers and more than 140 other bird species. It is run by the Nature Conservancy to protect the watershed of the west branch of the Saugatuck River and provide refuge for wildlife and many aquatic species, including uncommon mussel species. Because of its preservation mission, only low-impact activities are permitted and bicycles and pets are not allowed.

LENGTH: 20 miles
BIKING? No **DOG FRIENDLY?** No
203-568-6270.nature.org



Devil's Den, Weston ROMY LEE

Bear Mountain

Salisbury

The tallest peak in the state soars 2,316 feet above the Litchfield County countryside. Strangely, it's not the highest point in the state. That honor belongs to the mountain inside of Mount Frissell, also in Salisbury, but the peak of Frissell is over the Massachusetts border. State boundaries and height milestones aside, hikers seeking to conquer this towering summit should prepare for a strenuous trek that rewards exertion with great views and a chance to access a part of the Appalachian Trail. Berkshirehiking.com advises climbing Bear Mountain by taking the "Undermountain Trail which is 3 miles north of Salisbury off of Route 41. ... When you reach the large wooden trail sign as Undermountain and Appalachian Trails meet, you'll take a right turn onto the Appalachian Trail. From here

it's about another mile to the top of Bear Mountain with a short, semi-steep rise the final few hundred yards."

LENGTH: 5-6 miles round-trip
BIKING? No **DOG FRIENDLY?** Yes

Quinebaug River Trail

Killingly and Putnam

This Quiet Corner paved trail follows the gentle path of the Quinebaug River for more than four miles from the Plainfield town line north to Putnam. According to the Killingly Conservation Commission, "the trail starts at the Holiday Inn just west of the Attawaugan/Ballouville exit of 395 (exit 94) and goes north along Tracy Road toward Putnam. The trail ends on Tracy Road, but if you continue north into Putnam you can connect with the Putnam River Trail along the Quinebaug River." Activities include walking, running and biking. The plan is to eventually connect the trail with other pathways in the region to become part of the East Coast Greenway connecting the entire Eastern Seaboard.

LENGTH: More than 4 miles
BIKING? Yes **DOG FRIENDLY?** Yes

Steep Rock Preserve

Washington Depot

A 974-acre preserve, Steep Rock offers nature and hiking enthusiasts the chance to walk along the banks of a scenic river and trek up to the Steep Rock Summit, which, at an elevation of 776 feet, provides an expansive view of the Clam Shell section of the Shepaug River Valley. Other attractions include a suspension foot bridge and a former railway tunnel, which cuts dramatically through the side of a ridge, creating an opening that looks like King Kong's lair. The suspension bridge allows you to walk over the center of the river and get a great vantage point, perfect for Instagram. The Steep Rock preserve is part of the Steep Rock Association, a land trust which oversees other nearby preserves



Quinebaug-Nehantic Crossover Trail / Lee Road section WIKIMEDIA

THE MOODUS NOISES

A FOLKLORE HIKE EXPLORING MACHIMOODUS STATE PARK'S MOUNT TOM

BY MICHAEL LEE-MURPHY

One of the glorious, challenging and invigorating things about living in New England is being surrounded by the weight of history. Our part of the country was among the first settled by Europeans. Everywhere we drive, walk and, indeed, hike, we travel over hundreds or even thousands of years of our history, and over the stories humans tell themselves to understand the places they live in. These pieces of folklore live on, not necessarily documented in traditional ways, but passed on through oral tradition.

One of the most enduring collections of Connecticut folklore are the stories about the Moodus Noises. According to Stephen Gencarella, professor of folklore studies at the University of Massachusetts and the resident folklorist at the Connecticut River Museum, evidence of stories about the Moodus Noises stretches back at least 400 years. The name Moodus, today a village in East Haddam near the Connecticut River in southern Connecticut, itself means "noises" in the local version of the Algonquian language. (The Moodus Noises have been attributed to shallow earthquakes, but the science of the matter is not the focus of folklore

studies.) "I think the Moodus Noises is arguably the most important [piece of folklore] in Connecticut. Fans of the Charter Oak will be up in arms about that. [The noises] is just a longer history and it's much more complicated. And I would argue that the Moodus Noises has a run for being one of the most important pieces of folklore in New England," says Gencarella.

To go on a drive or a hike with a folklorist is to watch the landscape erupt with stories and legends and history. Gencarella has developed a tour of Mount Tom in Machimoodus State Park, where much of the folklore of the noises originates. On a rainy spring day, Gencarella and I set off up Mount Tom, a perfectly wonderful hike, if not life-changingly strenuous or scenic in the cloudy weather. But as Gencarella's history and folklore sprouts from every rock, tree and cliff, the mountain comes alive.

There are four distinct cycles of Moodus Noises folklore, Gencarella says. Their earliest known appearance in print is in 1702, when Haddam Rev. Jeremiah Hobart complains to the Connecticut General Assembly about the separatist residents of what is now East

Haddam, who wanted their own

parish. The reverend hoped the noises would remind them to be humble in the face of God's awesome power. In 1729, the first minister of the new parish of East Haddam notes in a letter to a Boston intellectual that the area of Machimoodus had a large native population, and that he believes they do a "prodigious trade with the devil," Gencarella says. Thus starts a long tradition that links the local indigenous population with the devil, a legend which lasts for hundreds of years. In his letters, Hosmer would also relay a story that a local native person said the noises were made by an enraged native god, angry that the Christian God had come. This version of the story takes off, and doesn't end till this day.

In a 1790 edition of New London newspaper the *Connecticut Gazette*, an educated foreign man called Dr. Steele, or Steal, is introduced to the myth. In subsequent versions of the story, Steele has come to investigate the Moodus Noises. According to Gencarella, this is the importation of a European folktale, in which a treasure hunter of some sort investigates a mystery, often located in a river or lake, in this case the Salmon River which slithers around Mount Tom. Gencarella is of the theory that the story is inspired by an immigrant seafaring tradition of lore that located treasure with supernatural power in bodies of water.

In a third cycle in the late 1800s, the source of the noises travels up the mountain from the river, where the noises then become a part of the mountain: either witches fighting inside the mountain, or a cave nearby. Yet another fourth cycle of the myth beginning in the 1970s introduces the devil again, that it is he who inhabits Mount Tom and makes the Moodus Noises.

Gencarella says, very broadly speaking, the four cycles can correspond to four ages of anxiety for the people of the area, and the U.S. at large. The first cycle taps into colonial anxieties about indigenous people; the second about new waves of immigration with their own folklore and storytelling traditions. The introduction of witches in the third cycle ties up neatly with the increasing presence of women in public life through the suffragette movement. The fourth cycle marks the reintroduction of the devil as a character in American folklore, familiar to anyone who has seen *The Exorcist* or *Rosemary's Baby*, as anxiety about the ungodliness of society took hold during the backlash to the movements of the 1960s.

Gencarella says that because Connecticut is so rich with history and folklore — "the bastard child that anthropology begat upon English literature," he says — nearly every corner of the state has a hike with a rich folkloric tradition attached to it.

Stephen Gencarella, professor of folklore studies at the University of Massachusetts and the resident folklorist at the Connecticut River Museum. PHOTO BY MICHAEL LEE-MURPHY





Chatfield Hollow, Killingworth
CONNECTICUT OFFICE OF TOURISM

totaling 2,700 acres.

LENGTH: The Steep Rock loop, which includes Steep Rock Summit, is 4 miles

BIKING? Yes (15-mph limit, must dismount when approaching horseback riders)

DOG FRIENDLY? Yes

860-868-9131, steeprockassoc.org

Topstone Park

Redding

Just minutes from the crowded thoroughfare of Route 7, this 280-acre country park is a hidden gem in Fairfield County. A mostly flat nature trail circles a charming pond hugging the banks of the water and offering plenty of views and a non-strenuous nature experience. Guests can also enjoy swimming and picnicking at a sandy beach. But the fees could be prohibitive for non-residents: a yearly pass is \$60 for town residents and \$150 for others. The trail, however, is open to all free of charge. Not only is the park dog friendly for leashed canines, but there is even a fenced-in area on the water that serves as an aquatic dog park, and allows your furry hiking companions to cool off.

LENGTH: More than 2 miles

BIKING? Yes

DOG FRIENDLY? Yes

Sleeping Giant State Park

Hamden

This south-central Connecticut icon is perhaps one of the best-known natural formations in the state. For those who don't know, the ridge located next to Quinnipiac University resembles a 2-mile-long figure that has laid down and become rooted to the earth, to our stories and to our vision of the area. There are enough trails to

keep even an experienced hiker coming back over and over. Highlights include the many vistas on the "head" of the giant, or the western edge of the ridge. Not to be missed is the abandoned quarry at the far western edge of the park, and the tower atop the giant "left hip," offering stunning views of the Greater New Haven area. (The tower was built in 1936 as part of President Franklin Roosevelt's Works Progress Administration.) Open until sunset year-round, the park is traversed by 5 miles of the blue-blazed, 23-mile Quinnipiac Trail.

LENGTH: More than 30 miles

BIKING? No

DOG FRIENDLY? Yes

203-287-5658, www.ct.gov/deep/sleepinggiant

Chatfield Hollow State Park

Killingworth

For those who live on or near the central shoreline, Chatfield Hollow is an accessible yet immersive state park, with a network of trails blanketed in thick forest. The park's many rock formations provide excellent opportunities for those who like to climb or scramble up rock faces (without investing in climbing equipment). The formations create a number of cliffs that give a great feeling of wilderness. A short drive away from Hammonasset Beach State Park in Madison, Chatfield Hollow is a great place to heat up on a rocky hike, and then race down to the sea for a plunge in the water. An 825-foot boardwalk allows passage over an inland swamp, and the blue-blazed Chatfield Trail begins here and runs into the Cockaponset State Forest. Many streams and ponds provide swimming and fishing opportunities. Schreeder Pond, located within the park's borders, is one of

the ponds stocked weekly with trout from the state's fish hatcheries.

LENGTH: About 20 miles

BIKING? Yes

DOG FRIENDLY? Yes

860-663-2030, www.ct.gov/deep/chatfieldhollow

Mattabesett Trail and Mount Higby

Middlefield

Mount Higby, near the border of Middlefield and Meriden, is just one part of the 50-mile Mattabesett Trail, which winds its way from Middletown, south into Guilford, back up through Durham and Middlefield, before finishing in Meriden. The larger trail traverses a number of peaks and traprock ridges, none quite as nice as Mount Higby. Park your car in the lot on the westbound side of Route 66 as it heads toward I-691. It's a short hike to the ridge, featuring excellent views of Meriden, its Hanging Hills, and the surrounding area. For a bonus, instead of following the trail back to the parking lot, bear left and take an alternate trail down to Guida's Diner, for some of the best home fries you'll ever have.

LENGTH: More than 9 miles round-trip

BIKING? Not recommended. The trap rock cliff has a pretty big fall.

DOG FRIENDLY? Yes

River Mills Heritage Trail & Putnam River Trail

Putnam

Stay on the Quinebaug River for a hike that merges the man-made environment of the area with stunning natural beauty. The River Mills Heritage Trail is a mile-long walk that connects six different old mills along the river, reminding us of the river's once total importance to the life and economy of this part of the state. Starting on the east side of the river, then crossing over to the west, then finally back to the east, this walk gives an excellent survey of the industrial history of the area, including the Cargill Falls dam and rapids. Stay on the east side of the river on the 2-mile Putnam River Trail, passing through wooded areas, as well as shopping districts.

LENGTH: River Mills 1 mile,

Putnam River 2 miles

BIKING? Yes **DOG FRIENDLY?** Yes

White Memorial Conservation Center

Litchfield

This private land trust has numerous easy and moderate trails slipping through a wondrous array of habitats, including preserved forests, fields and wetlands. Hiking, biking and horseback riding are only some of the activities to enjoy here, but motorized vehicles are not allowed. The most popular trail is the Little Pond Boardwalk Trail, in which a 1.2-mile

wooden walkway allows exploration of woods around the edge of the pond and over the marshes. The trail and boardwalk are open to foot travel only. The newest trail, Slab Meadow, was blazed in the fall of 2015 and includes several loops, vernal pools, an overlook onto a marsh, and a link to the Mattatuck Trail. While White Memorial offers no single-track bike trails, bikes can be ridden on any designated gravel and other roads, which offer some heart-pumping climbs and downhills. White Memorial's grounds and trails are open to the public 24 hours a day all year long.

LENGTH: 40 miles

BIKING? Yes **DOG FRIENDLY?** Yes

860-567-0857, whitememorialcc.org

Bluff Point State Park

Groton

The Connecticut shoreline is pretty heavily developed, but the farther east you go, the more sparse it gets. Bluff Point is a proper piece of wilderness, right there on the water. If you are a lover of the sea, of the smell of salt water, and dense wood, the more than 800 acres of the peninsula of Bluff Point are for you. Saltwater fishing and mountain biking opportunities abound on this spit of land, abutted by the Poquonnock River and Mumford Cove. According to the state Department of Energy and Environmental Protection, although Bluff Point was "originally proposed for acquisition as a state recreation facility as early as 1914, it was not until 1963 that the western one-third of the land was purchased from Henry A. Gardiner III. State holdings include a north-south strip of the mainland, a portion of the



Bluff Point State Park, Groton
CONNECTICUT OFFICE OF TOURISM

headland bluff fronting the Sound, and the tombolo or sandspit forming a beach of nearly one mile in length."

LENGTH: 4-mile loop to the beach and back

BIKING? Yes **DOG FRIENDLY?** Yes

860-444-7591, www.ct.gov/deep/bluffpoint

Mine Hill Preserve

Roxbury

Not only does this 360-acre Roxbury Land Trust nature preserve offer some of the best (and most strenuous) hiking in New England, let alone Connecticut, but it also provides an up-close glimpse into history. Mine Hill is the site of a 19th-century iron mine, granite quarries and furnace complex, an operation that burned hot for a short time, even resulting in the founding of a "boom town" named Chalybes to house and service the many immigrant workers. Its commercial venture long abandoned, Mine Hill now allows visitors

to head to the hills, passing by mine tunnels, air shafts (which are now protected entrances to several bat hibernacula) and massive granite cliffs, before looping back down into the Shepaug River valley and the complex with its restored blast furnace and roasting ovens. Just make sure you're in somewhat good shape. The blue-blazed loop trail is classified as moderate, but some portions of the northeastern part of the loop are advanced.

LENGTH: 4 miles

BIKING? Yes (must stay on blazed trails)

DOG FRIENDLY? Yes

860-350-4148,
roxburylandtrust.org/minehill.html

Bigelow Hollow State Park

Union

One of the more remote locations in our state, this 516-acre park near the Massachusetts line in the northeast corner is also among the most picturesque, with endless thick forest, exposed rock, and many streams, ponds and lakes.

Arguably the park's standout features are its bodies of water, with trails running to and from the 18-acre Bigelow Pond, the 92-acre Breakneck Pond and the 300-acre Mashapaug Lake. The 6-plus-mile loop around Breakneck Pond can be challenging at times, but doesn't come close to living up to its name. Pause every now and then to take in the grand views offered by overlooks. Although hiking is likely more popular, mountain biking opportunities are also many, with about 20 miles of bike-friendly trails. A word to the wise: either bring a map or pick one up in the park. Only two trails loop, and trails and roads crisscross in spots. And with densely packed trees everywhere, the last thing you want to do is get lost.

LENGTH: More than 35 miles

BIKING? Yes **DOG FRIENDLY?** Yes

860-684-3430, www.ct.gov/deep/nipmuck



Bigelow Hollow State Park
Union ROMY LEE

Case Mountain

Manchester and Glastonbury

A few years back, *Bicycling* magazine proclaimed this the best place for mountain biking in the state. That proved to be a double-edged sword, as a whole new set of biking enthusiasts discovered this great jewel, which took a bit of a beating in the process. Fortunately, trail maintenance has improved in recent years, preserving this 640-acre recreational area for years to come. The trails feature rocky and hilly terrain, making for somewhat challenging hikes and bike rides. Make it to the summit of the mountain and enjoy a wonderful view of the Hartford skyline and the Connecticut River Valley. If you're feeling particularly adventurous, you can hop on over the trail to Gay City State Park in Hebron, as well as the 29-mile, blue-blazed Shenipsit Trail, which crosses Case Mountain on its way from East Hampton to the Massachusetts border.

LENGTH: 10 miles

BIKING? Yes **DOG FRIENDLY?** Yes

Pachaug State Forest

Voluntown, Griswold, Plainfield, Sterling, North Stonington and Preston

With more than 28,000 acres, this is our largest state forest, boasting 54 miles of roads and trails. The landscape offers lakes, hardwood forests, sand barrens, mountains, an unusual white-cedar swamp and a rare rhododendron sanctuary, which is home to an ADA-approved wheelchair-accessible trail and is in full bloom in June and July. Hikers in search of a challenge will probably love the dramatic overlooks and scenery of a jaunt up the aptly named Mount Misery. The forest's four popular hiking trails include the 30-mile Pachaug Trail, an east-west route that follows a horseshoe curve north, the 15-mile Nehantic Trail, running northwest from Great Fall Pond near the Pachaug Trail, the 7-mile, north-south Quinebaug Trail, and the Narragansett Trail, which starts from Lantern Hill in North Stonington and passes into the Yawgoog Scout Reservation in Rhode Island.

LENGTH: 54 miles

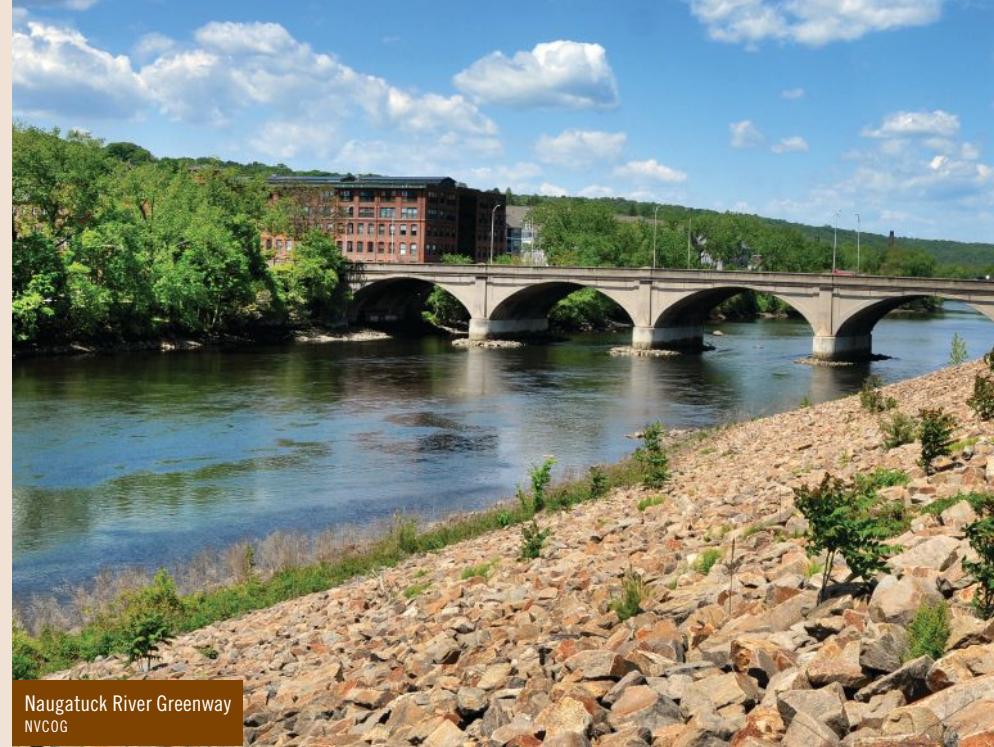
BIKING? Yes **DOG FRIENDLY?** Yes

860-376-4075, www.ct.gov/deep/pachaug

Naugatuck River Greenway

Torrington to Derby

The Naugatuck River, long derided as a bringer of destruction with the historic Flood of '55, as well as a noisome dumping ground of industrial waste, has seen a remarkable rebirth in recent decades. Anglers and paddlers have rediscovered the river, and, most recently, the dream of a recreational corridor of open space



Naugatuck River Greenway
NVCOG

known as a greenway has come closer to reality. While only about 10 percent of this planned 44-mile multi-use trail following the Naugatuck River from the Litchfield Hills to the Naugatuck River Valley has been completed, the quality of its finished sections and the ambition of the project merit a place on this list. The head of the trail is along Franklin Street in Torrington and will follow the river south through Litchfield, Harwinton, Thomaston, Watertown, Waterbury, Naugatuck, Beacon Falls, Seymour, Ansonia and Derby. Designed for walkers, runners and cyclists, the NRG has six finished sections, with portions in Derby, Ansonia, Beacon Falls, Naugatuck, Watertown and Torrington. A new section is underway in Seymour, and is expected to be completed by August, an extension in Ansonia could break ground this year, and plans are in the works for an extension in Torrington and a new section in Waterbury. The goal is for all sections to be completed and linked by 2031.

LENGTH: 44 miles (when completed)

BIKING? Yes **DOG FRIENDLY?** Leashed dogs allowed on some sections
naugatuckriver.net/greenway

Air Line State Park Trail

East Hampton to Putnam

This former path of the Air Line Railroad, which carried passengers to and from New York City and Boston, is today a scenic gravel trail that might be the best way to explore the Quiet Corner, as well as a large chunk of the state's northeast region. Wending its way through more than a half-dozen state parks and forests, the trail is flat and wide (to best accommodate trains),

making it ideal for walking, running, biking and horseback riding. The trail is divided into two sections: the south, which runs from East Hampton to the Willimantic River; and the north, which goes from Willimantic to Putnam. The trail continues through Thompson to the Massachusetts border, although it's not as well cleared as the rest. Extension work is either underway or in planning stages for East Hampton and Portland, whose section would also link the trail to Middletown via the Arrigoni Bridge. The Air Line is part of the East Coast Greenway, a planned traffic-free trail from Maine to the Florida Keys. About a third of the 3,000-mile route is linked, with hopes that all will be connected in about 20 years.

LENGTH: More than 50 miles

BIKING? Yes **DOG FRIENDLY?** Yes

860-295-9523, www.ct.gov/deep/airlinetrail

Talcott Mountain State Park

Simsbury

Not every trail has its final destination visible from the first step, but the historic Heublein Tower awaits hikers at the top of the 574-acre Talcott Mountain State Park some 1,000 feet above the Farmington River Valley. The 165-foot tower is on the National Register of Historic Places and offers phenomenal 360-degree views once hikers make the 1 1/4-mile walk, which takes about 30-40 minutes. The state DEEP website claims "those with sharp vision can see an area estimated to be 1,200 square miles." It also advises what to do in the case of a bear sighting; so your trip may end up being more than just a walk in the park. A small section of the blue-



Long Island Sound, the boardwalk has unimpeded views of the ocean and Charles Island as it connects Silver Sands Beach to Walnut Beach. There are slight curves, inclines and declines throughout — not to mention large numbers of people when the weather cooperates — so joggers who suffer from boredom on treadmills and circular tracks won't have trouble maintaining focus. If you're there for a leisurely stroll, take the time to look around. Rocks are the language of the boardwalk; they're used to spell words like "Love" and "Storms Pass" or provide the canvas for messages as part of The Kindness Rocks Project. Silver Sands also offers walking trails of gravel, asphalt, dirt and wood that crisscross tidal marshes and dunes. And twice a day during low tide, you can make the 2½-mile loop out to Charles Island and back.

LENGTH: More than 2 miles
BIKING? No **DOG FRIENDLY?** No

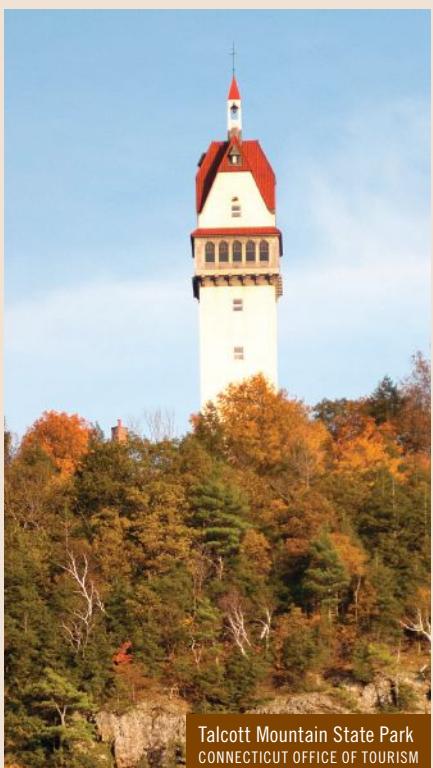
203-735-4311, www.ct.gov/deep/silversands

Farmington River Trail

Farmington to Simsbury

Branching off from the Farmington Canal Heritage Trail near Tunxis Meade Park and running north to Simsbury, the Farmington River Trail provides a diverse array of settings and terrain over its 18 miles. Occupying the space of the former Central New England Railroad, this rail-trail offers stretches when you're on asphalt under a shady canopy of trees, sections that are on town roads, and woodsy areas of dirt and crushed stone. Flat and wide enough for biking, inline skating and cross-country skiing in the winter, much of the path runs along the banks of the Farmington River — remember: ski poles in the winter, fishing poles in the summer — and loops back to reconnect with the Heritage trail. In the not-too-distant future, the river and Heritage trails will be truly connected, forming one 84-mile trail stretching from the New Haven coastline to the foothills of the Berkshires in Northampton, Massachusetts. Farmington is nearing completion of an extension into northern Plainville, Southington is planning its own extension to the Plainville line, and Plainville is gearing up to plug the last remaining gap in the coming years.

LENGTH: 18 miles
BIKING? Yes **DOG FRIENDLY?** Yes
fchtrail.org



Talcott Mountain State Park
CONNECTICUT OFFICE OF TOURISM

blazed, 62-mile Metacomet Trail also runs through the park.

LENGTH: 2½ miles round-trip
BIKING? No **DOG FRIENDLY?** Yes
860-242-1158, www.ct.gov/deep/talcottmountain

Silver Sands State Park

Milford

Walkers and joggers would be hard-pressed to find better shoreline scenery anywhere else in the state for their cardio exercise routine. Running parallel to

Mianus River State Park, aka Treetops (owned by the state). There is a 2½-mile nature trail with 13 points of interest, but there are also plenty of trails for walking, hiking, snowshoeing, cross-country skiing and mountain biking. There is a seemingly endless network of well-maintained trails for dog-walking, exploring nature and finding the perfect fishing spot in the Mianus River. One downside is that parking is not plentiful, and on a nice summer day, the people will be.

LENGTH: More than 7 miles
BIKING? Yes **DOG FRIENDLY?** Yes
friendsofmianusriverpark.org

Mount Tom State Park

Washington Depot

The main attraction at Mount Tom State Park is the spring-fed pond and beach and picnic areas. But the hiking trail here leads to a 34-foot stone lookout tower (a poor man's Heublein Tower, if you will) that sits 1,325 feet above sea level and offers clear views of Massachusetts, New York and all of northwestern Connecticut. The trail is less than a mile long but is fairly steep. Take a few breaks on the way up to check out some interesting geological formations, glacially created for your enjoyment. Parking is limited, and when the park reaches capacity it will be closed to additional visitors, so get there early. And while it's a great hike during the summer months because of the proximity of the pond, the forest foliage in the fall is not to be missed.

LENGTH: More than a mile round-trip
BIKING? No **DOG FRIENDLY?** Yes
860-567-8870, www.ct.gov/deep/mounttom

East Rock

New Haven

The only entry on our list visible from the windows of the *Connecticut Magazine* offices, there are more than 10 miles of trails at East Rock, including an 800-foot self-guided nature trail constructed and maintained in part by students of Wilbur Cross High School in New Haven. The 365-foot summit — home to the Soldiers and Sailors Monument — affords views of neighboring downtown and Long Island Sound. The Giant Steps Trail to the summit provides a solid workout, with a convenient handrail. Bicycling is prohibited on the hiking trails, but permitted on roads and city-designated mountain bike trails. Open year round, cross-country skiers and snowshoers can take advantage of the 427-acre park in the winter months.

LENGTH: More than 10 miles
BIKING? Yes (on designated bike trails only)
DOG FRIENDLY? Yes
203-946-6086, cityofnewhaven.com/parks

Signs of sleep disorders

- Difficulty falling or staying asleep
- Waking up tired after sleeping all night
- Awaking with a headache
- Frequent urination
- Problems with sexual ability and desire
- Heavy snoring
- Falling asleep at inappropriate times
- Overweight or the inability to lose weight

Consequences of an untreated sleep disorder can include heart disease, high blood pressure, heart failure, diabetes and weight gain.

Tips for better sleep

Stick to a sleep schedule: Maintain the same bedtime and wake-up time, even on the weekends.

Practice a relaxing bedtime ritual:

A soothing activity right before bedtime conducted away from bright lights helps separate your sleep time from activities that can cause excitement, stress or anxiety.

Avoid afternoon naps: Power napping may help you get through the day, but eliminating short catnaps may help you fall asleep at night.

Exercise daily: Vigorous exercise is best, but even light exercise is better than nothing.

Evaluate your room: Your bedroom should be between 60 and 67 degrees, and free from noise and light.

Sleep on a comfortable mattress and pillows: The mattress you have been using for years may have exceeded its life expectancy — about nine or 10 years.

Use bright light to help manage your circadian rhythms: Avoid bright light in the evening and expose yourself to sunlight in the morning.

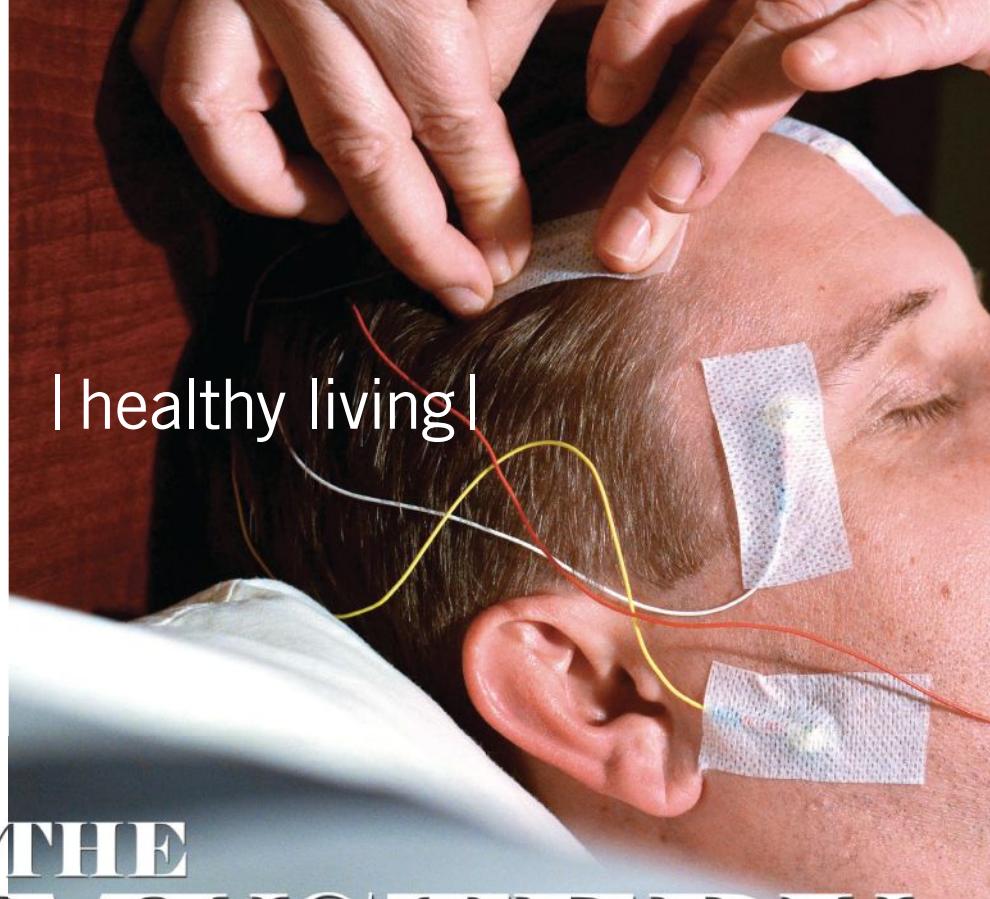
Avoid alcohol, cigarettes and heavy meals in the evening: Eating big or spicy meals can cause discomfort from indigestion. Avoid eating large meals 2-3 hours before bed.

Wind down: Spend the last hour before bed doing a calming activity such as reading. Don't use devices such as cellphones.

Shut out the world: Take work materials, devices and televisions out of the bedroom. Use your bed only for sleep and sex.

Speak with your doctor or a sleep professional: You may also benefit from recording your sleep in a sleep diary to evaluate common patterns or issues.

Source: National Sleep Foundation



I healthy living | THE MYSTERY OF SLEEP

THINK PILLS ARE YOUR ONLY RELIEF FOR SLEEP PROBLEMS?

THINK AGAIN. A NEW BOOK BY A YALE PROFESSOR AND SLEEP-MEDICINE PIONEER ARMS PATIENTS WITH INFO THEY NEED.

BY ERIK OFGANG

In the early 1970s when Dr. Meir Kryger was a medical resident at the Royal Victoria Hospital in Montreal, he came across a patient with an ailment neither he nor anyone else understood at the time.

The patient, an obese male in his 40s, had severe fatigue and was suffering seizures as he slept. During late-night rounds at the hospital, Kryger, who currently lives in Hamden and is a professor at the Yale School of Medicine, observed that the man seemed to be having trouble breathing in his sleep. Kryger wondered if this was related to his sleepiness and seizures. With further monitoring, Kryger learned that while the patient slept, his breathing passage became repeatedly obstructed and he stopped breathing. When this happened, his heart rate dropped and, at times, his heartbeat would even stop for up to 10 seconds. This explained both the man's sleepiness and his seizures (when the brain

is deprived of blood because the heart has stopped pumping, seizures can occur).

Kryger had just come across an early documented case of sleep apnea, when a person stops breathing during sleep. Though the condition has long existed, the medical profession only became aware of it in the late '60s and early '70s, and the term only came into usage in the mid-1970s.

Faced with a condition he was unfamiliar with, Kryger consulted the literature that existed on sleep at the time. To his surprise, there was hardly anything published in North America about the condition and very little about sleep disorders in general. "To me, if I don't know something, I want to study it and I want to figure it out," he recalls. Kryger began to study sleep apnea and other sleep disorders that had received limited attention. He has since dedicated a good portion of his career to uncovering the mysteries of sleep and its role in human health. Later, responding once again to a void in the literature, he began work on an early medical textbook on sleep, *Principles and Practices of Sleep Medicine*. The frequently updated, seminal work is still the most widely used sleep medical textbook.

Kryger's latest book, *The Mystery of*



A sleep study is conducted at the Yale Center for Sleep Disturbance in Acute and Chronic Conditions, an exploratory research center and one of the several state sleep centers affiliated with Yale New Haven Hospital.

PHOTO BY MICHAEL MARSLAND/YALE

Right: Dr. Meir Kryger, professor at the Yale School of Medicine and author of *The Mystery of Sleep*.

Sleep: Why a Good Night's Rest Is Vital to a Better, Healthier Life, was released in March and is aimed at providing the general public with the knowledge they need to ask informed questions of their health care provider about their sleep health.

"Sleep problems are very, very common, and I've felt for a long time that there has been sort of a communications gap between patients and doctors about sleep issues," he says during a visit to Yale New Haven Hospital's Sleep Center in North Haven. "The main purposes of the book was to arm people with information so they can have a meaningful interaction with their health care provider if they have a sleep problem."

Kryger adds, "Very few doctors ask about sleep issues [because] the health care provider may not know a whole lot about sleep. The reason they don't know a lot about sleep is that most medical schools teach almost nothing about sleep during the four years of medical school, and in the

post-graduate training in their residency, doctors may receive hardly anything, either. On average, if a student is lucky they'll get one or two hours of sleep-related teaching during four years."

Back when Kryger encountered the patient with apnea, the condition was thought to be exceedingly rare. We now know that it is quite common, and it is far from the only sleep disorder found in the population in large numbers.

"Although sleep disorders are common and there has been an upsurge of interest in them in the past few years, millions of people still suffer from the effects of undiagnosed sleep problems," Kryger writes in *The Mystery of Sleep*. "The National Sleep Foundation estimates that up to 47 million American adults may be putting themselves at risk for injury, and health and behavior problems because they are not getting enough sleep. The National Institutes of

Health estimates that between 50 million to 70 million Americans of all ages have sleep-related problems, including insomnia and sleep apnea."

Since Kryger became interested in the field, he says awareness of sleep disorders has increased. "In some ways it parallels our thinking about drunk driving. Thirty years ago driving drunk was not considered bad. It had a certain macho element. You go to a bar, you get drunk, you go home and you may or may not kill someone."

Then research demonstrated that driving drunk was a dangerous behavior and people now recognize that. Similarly, in the past, Kryger says people thought "you go to sleep, nothing can go wrong during sleep and we don't need to think a whole lot about it. We [have since] learned that things during sleep can be medically dangerous."

In his book Kryger notes that more needs to be done: "If you have ever been affected by severe sleepiness, you are not alone. Every year, U.S. businesses lose an estimated \$18 billion in productivity and injuries because of daytime sleepiness, while sleepy drivers cause an estimated 20 percent of car accidents, as high as 1.2 million crashes, resulting in thousands of deaths and injuries and billions of dollars in property damage. Research has also shown important links between the amount of sleep an individual gets and risk of health problems: reduced sleep may lead to obesity; women who sleep much more or much less than the average are at increased risk of disease. A study of 71,000 nurses published in 2003 showed that those sleeping five hours or less had a 45 percent greater risk of developing heart disease after

10 years than those sleeping eight hours. Those sleeping nine to 11 hours increased their risk by 38 percent."

Kryger recommends that those who may have a sleep disorder visit a sleep clinic accredited by the American Academy of Sleep Medicine (there are nearly 20 across Connecticut). Kryger sees patients at Yale's North Haven sleep center, where patients are treated for a variety of sleep-related issues, including insomnia, restless leg syndrome, sleepwalking and much more. Some sleep conditions can be diagnosed with an appointment, others require monitoring during sleep. The center offers patients take-home sleep tests that record their pulse, heart rate and breathing. If more extensive tests are necessary for a diagnosis, the center has several overnight rooms where patients' brain activity and other functions can be monitored as they sleep.

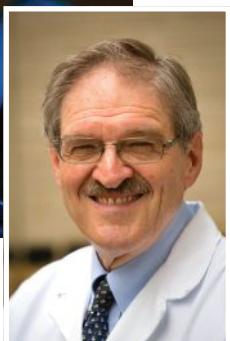
Many people battle with insomnia. "During the course of the year, 40 percent of the population will say, 'I've had insomnia during the year.' It may be temporary, related to stress, travel, a death in the family, an illness," Kryger says. "Chronic insomnia is found in 10 or 15 percent of the population," and the condition is often associated with other conditions, including depression.

Most people diagnosed with insomnia today are advised by sleep specialists to try cognitive behavioral therapy before pills. This therapy focuses on behaviors a patient can change in order to sleep better.

While each case is different, one common behavioral problem is fairly counterintuitive: going to bed too early. "The worst thing people can do if they're having trouble sleeping is to go to bed early," Kryger says. He adds that many people who are having trouble sleeping will push their bedtime from, say, 11 p.m. to 8 or 8:30 p.m. He says this gives you more of an opportunity to go "my god, I'm not going to sleep ever again." One common practice in cognitive behavioral therapy is to restrict the amount of time people spend in bed.

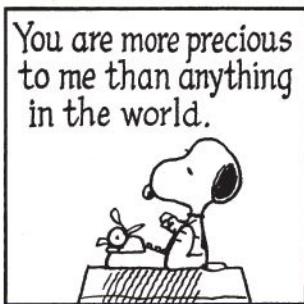
Another sleep-associated myth is that staying up late, getting up earlier or otherwise getting less sleep in order to work or study will help us be more productive. Kryger says we're at our most productive and get the most done when we're well rested.

The good news for patients suffering from sleep disorders is that treatment is effective. "In numbers, the problem is really great, but one of the gratifying things about treating people with sleep disorders is that we can usually make them better. So, from a doctor's perspective and a patient's perspective, it's gratifying." He adds, if you have a sleep problem, "deal with it, don't ignore it. There's help available." ■



HEARTBREAK IN PEANUTS

On view through August 13



Images © 2017 Peanuts Worldwide LLC. Top: Peanuts Daily Strip. May 3, 1984. Bottom: Peanuts Daily Strip. February 13, 1968.

Also on view:

WINSLOW HOMER

American Life 1857-1875

July 30-September 3

Peanuts Presenting Sponsor



Peanuts Media Sponsor



Image: Winslow Homer, *A Game of Croquet*, 1866, Oil on canvas.
Courtesy of the Yale University Art Gallery.



ON THE GREEN IN WATERBURY
144 West Main Street, Waterbury, CT
mattmuseum.org

@The
MATT



=Delicious=

DINERS

BY MICHAEL LEE-MURPHY, ERIK OFGANG, MIKE WOLLSCHLAGER & ALBIE YURAVICH

What makes a diner a diner? Is it stainless steel? A counter and stools? A building that's been manufactured in a different location? Breakfast service 24 hours a day? To some devotees of the classic American diner, it is all of these things, and more. We've elected to be a bit more inclusive in our requirements. For us, a diner must offer typical American fare at reasonable prices in a comfortable setting, and perhaps most importantly, serve breakfast during all hours of operation. So get ready to hit the road to check out our picks for the best diners in Connecticut. Whether it's the stellar food, the glistening metal, the glowing neon or the community feel, all have something to offer. And if you don't see your favorite spot on the list, email us at editorial@connecticutmag.com.



Aero Diner

NORTH WINDHAM

This eastern Connecticut eatery holds a special place in diner lore. Fitting the definition of a classic American diner that's been prefabricated, it's one of only two diners ever made by Oyster Bay, New York-based Bramson Engineering Co., primarily known as a maker of hospital equipment. The structure opened as the Boulevard Diner in East Hartford in the early '60s, then moved briefly to Southbury and then to South Windham, where it operated as the South Windham Diner until 1995. Sitting unused for years, it was donated to the American Diner Museum in Providence, Rhode Island, before being purchased, restored and opened in its current location in 2005. The food is what you'd expect: all-day breakfast, big portions, popular burgers, hand-cut fries and house-made milkshakes. Connecticut-made Hosmer Mountain soda is offered. The diner's exterior is one of the state's most attractive, with "Aero Diner" in a neon-green retro script with an airplane between the words (the two-runway Windham Airport is just down the road). Oh, about that other Bramson diner — no one seems to know what happened to it.

860-450-1959, aerodiner.com

O'Rourke's Diner

MIDDLETOWN

A holy site for breakfast in Connecticut, this diner, opened in 1941, is such an institution in Middletown that when, in 2006, the spot was decimated by a fire, the community pitched in to help it reopen the following year. A variety of breakfast and lunch dishes with a strong Irish influence are offered in this classic diner atmosphere full of hustle and bustle. From bangers and mash to buttermilk pancakes and eggs topped with house-cured meats, it's quickly clear why there is often a wait to eat here. The "Brian's Breakfast" special is a must-try for adventurous eaters. It is a two-course surprise meal that consists of what owner and chef Brian O'Rourke (his family has owned the spot since the beginning) feels like making that day. We tried the dish last year and enjoyed one of the best breakfast experiences ever. O'Rourke's is open 6 a.m. to 2 p.m. daily.

860-346-6101, orourkemiddletown.com

Georgie's Diner

WEST HAVEN

This diner sits just off I-95 in West Haven, and features an excellent menu, even for vegans and the gluten-intolerant, who don't necessarily get prioritized on most diner menus. Georgie's was built in 1956 in New Rochelle, New York, and has been in its current location since 1967. Bathed in magnificent chrome, with a classic Art Deco sign featuring the typical typography of American road food, it checks all the quintessential diner boxes. Unlike some diners where the aesthetic beauty and tradition comes at the expense of food quality, Georgie's takes great pride in offering items like fresh-squeezed orange juice, grass-fed beef and organic eggs. Generous portions mean that you won't leave wanting, either.

203-933-1000, georgies-diner.com

O'ROURKE'S DINER

GARRISON LEYKAM





The Story of the American Diner

When Chris Dobbs was a lad, his dad, Charlie Dobbs, often took him to diners across Connecticut for breakfast, talk and camaraderie.

"That's what really hooked me," says Dobbs, who has written articles on the history and architecture of diners. In April he gave a lecture on the topic at the New Haven Museum in conjunction with its "Road Trip!" exhibition, which continues through June 17. "I have a passion for diners," he told the crowd.

Dobbs, executive director of the Connecticut River Museum in Essex, confessed to us, "When I talk about diners, I get a little animated. It's an exciting subject." He added he was getting hungry as he went on about evocative places serving eggs, sausage and pancakes.

But Dobbs takes a somewhat scholarly approach. He maintains there are five characteristics that need to be met to fit the definition of a classic American diner:

1. The structure must be prefabricated and hauled to a site;
2. The dining area must feature a counter and stools;
3. There must be "home cooking" at reasonable prices;
4. The cooking must take place behind the counter where you can watch it happening;
5. The diner's architecture must be linked to transportation.

(Through the years, diner design has mimicked that of the Pullman railroad car, the streamliner train and the rocket ship.)

Dobbs' historical narrative begins in Providence, Rhode Island, in 1872 with "the father of the American diner": newspaper pressman Walter Scott.

"Workers getting out on the graveyard shift needed a place to eat," Dobbs notes. "One night in 1872, Walter Scott fixed up a lunch wagon and set up outside the Providence Journal [newspaper] when workers were getting off their shift."

Six years later, Thomas H. Buckley of Worcester, Massachusetts, introduced his first lunch wagon there. He expanded to 275 towns nationwide by 1898 and became known as "the lunch wagon king."

But by the early 20th century the old lunch wagon looked obsolete. And so lunch-wagon manufacturers modeled their structures on the Pullman railroad car.



Chris Dobbs, executive director of the Connecticut River Museum and an expert on diners. CATHERINE AVALONE

Many of the eateries' owners established their businesses on permanent sites.

Dobbs, of course, shows photos of his favorite diners when he gives talks about this. Near the top of his list is Skee's Diner in Torrington, which Dobbs thinks might be the oldest in the state. It was built in the late 1920s in Elizabeth, New Jersey, and originally set up in Old Saybrook. In 1945 it was moved to Torrington. It's been closed since 2002, the same year it was listed on the National Register of Historic Places. The Torrington Historic Preservation Trust acquired the diner in 2013 and moved it from its Main Street location, with the goal of one day restoring and reopening it.

"Skee's is amazing architecturally," Dobbs tells me in an interview. "It's all mahogany on the inside, with frosted glass windows, arched like a railroad car."

Dobbs also loves Collin's Diner in North Canaan, with its sky-and-cobalt-blue exterior, marble countertops and wood paneling. "My dad took me there when we were headed up Route 7 for ski trips."

Dobbs' top five also includes Zip's in Dayville, part of Killingly in far eastern Connecticut. "Zip's is one of the best 1950s diners in Connecticut. Its sign simply says 'EAT.' You don't have to say more than that."

When I ask Dobbs to name his all-time favorite diner, he says, "That's like asking you to choose your favorite kid!" But he does say O'Rourke's Diner in Middletown is "one of my favorites."

"O'Rourke's has exquisite food and (owner) Brian O'Rourke is a master chef," Dobbs says. "He is so welcoming. When I go to O'Rourke's, one-third of the pleasure is talking to the staff and watching them in action, one-third is who I'm with and one-third is eating great food."

Dobbs says he inherited his dad's appreciation of diner breakfasts. "I don't usually go for the hamburger. I go for the bacon and eggs and home fries or the stack of pancakes."

He insists: "The cooking should take place in front of you, not in some secret back room. That's the magic of being in a traditional American diner."

And that's one reason why you won't ever see Dobbs at a McDonald's or other food chain. "I never liked chains. I've always liked the mom-and-pop feel of a local diner, where you get to know the people."

Although Dobbs says the traditional diner at times has been "besieged by McDonald's, Burger King and Kentucky Fried Chicken," he adds there has been "a little bit of a rebirth" because there are still enough people who appreciate that mom-and-pop quality. He likes to say they offer "a homey quality that never goes out of style."

Randall Beach is the longtime columnist for the New Haven Register, where his column appears Fridays and Sundays.



Uncle D's Diner

EAST BERLIN

As is proudly stated on this diner's website, "If you crave hometown comfort food with a retro flair, then Uncle D's Diner has the charm, family atmosphere and expansive menu that will quench your appetite and delight your tastebuds." Owned by husband-and-wife team Darren and Kathy Anderson, Uncle D's offers lunch, and a robust breakfast menu. In addition to items such as eggs, omelettes, Belgian waffles and Texas French toast, the diner features a signature dish called Uncle D's Cadillac Taco. It consists of an 8-inch flour tortilla, fried crispy and formed into a taco shell, topped with a toasted corn taco shell, and filled with seasoned ground beef, cheddar cheese, lettuce, tomato, salsa and sour cream.

860-828-8981, uncleds-diner.com

Olympia Diner

NEWINGTON

If there was an entry for "American Diner" in the encyclopedia, you might see a picture of the Olympia Diner on the Berlin Turnpike in Newington — such is the iconic nature of this Connecticut institution. To cruise the Berlin Turnpike, watch the drag racers, check out the businesses new and old, and gaze up at the glorious neon sign of the Olympia is to (in some ways) cut right to the heart of the American experience. The Olympia has been featured in the Zippy comic strip (along with Zip's from our list). Known to locals as the "OD," the diner claims to be the "longest stainless steel diner in the country." The Olympia was first located in Massachusetts before relocating to the Turnpike in 1954.

860-666-9948, olympiadiner.net

Blue Colony Diner

NEWTOWN

With easy-off and easy-on access to I-84, this 24-hour diner in Newtown is a popular spot for both locals and travelers. It offers everything you expect in a classic diner — an Art Deco, silver-plated exterior, plush, cushy booths inside and a menu that features a wide variety of solid breakfast, lunch and dinner options. It also offers beer, wine and a full bar. A must-try is the challah bread (a slightly sweet traditional Jewish bread made with eggs). This bread is available for sale on its own and also powers the diner's challah French toast, which is thick, doughy and decadent.

203-426-0745, bluecolonydiner.com

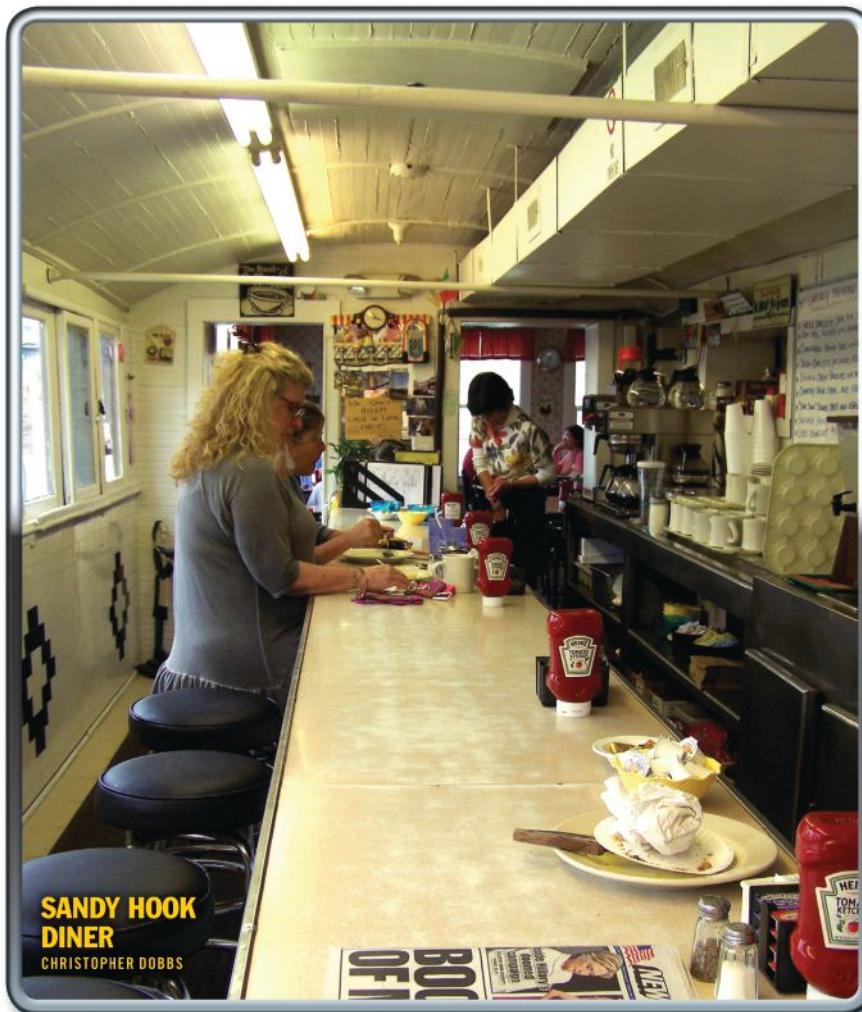
Sandy Hook Diner

SANDY HOOK

This quaint and classic country diner was opened in 1935 during the Great Depression. Ever since, it's been serving food and good cheer at reasonable prices. A short distance off I-84 in the heart of the charming village of Sandy Hook (a hamlet in Newtown), it is small but bursting with old-school nostalgia. A local favorite, fans rave about its warm, welcoming atmosphere and classic comfort food, including dishes like eggs Benedict, biscuits and gravy, corned beef hash, eggs with crisp bacon, pancakes with apricots or chocolate and specials like pumpkin pancakes with honey spice syrup and egg nog French toast. The diner is open for breakfast and lunch on weekdays and weekends. Payment is cash only. The establishment does not have a website and the phone number listed at various sites is out of service, but they're still open, trust us.

203-270-1270





Monica's State Street Diner

NEW LONDON

"Good old fashion yummy food" states the "About Us" description on Monica's State Street Diner's Facebook page in its entirety. It's simple, to the point, and yes, old fashioned, but like this New London breakfast-and-lunch spot itself, the description does the trick. Breakfast standards like pancakes, French toast and a variety of omelettes are offered at affordable prices; you'll have to work a little to spend more than \$10 on your meal, though it is possible. Menu items that caught our eye include New York strip steak, served with two eggs, toast and home fries, and the Big Guy Breakfast, consisting of two pancakes, two eggs, two sausage and two strips of bacon.

860-701-0573, facebook.com/138monica

Cody's

NEW HAVEN

This Water Street institution is a great example of what a greasy spoon diner can be, and the social role it can play. At any hour of the day or night — all 24 of them — expect Cody's to be full of all

types of people, from all walks of life. The night crowd at Cody's is a snapshot of a city: ambulance workers, punks, ministers in their Sunday best. Tucked under the yawning concrete of the I-91/I-95 interchange, you could miss the diner if you didn't know it was there. A lot of people do know it, though, and it's one of a kind.

203-562-0044, codysdiner.com

Elm Street Diner

STAMFORD

Open since 1987, this diner impresses fans with its high-quality ingredients. With breakfast, lunch and dinner, as well as a full bar and over-the-top milkshakes, Elm Street has something for everyone. Breakfast options include all the classic favorites you'd expect: eggs, buttermilk pancakes and more, and lunch options offer plenty of variety with salads, sandwiches and burgers served alongside flatbreads. And no matter what time of day, or night, you dine, you won't want to leave without one of those milkshakes; served with one or two straws, they will have you doing your best Frankie Valli impersonation. It is open Monday through Saturday 7 a.m. to 9 p.m. and Sunday 7 a.m. to 2 p.m.

203-325-1141, elmstreetdiner.com

DINER LINGO

COMPILED BY GARRISON LEYKAM,
CLASSIC DINERS OF CONNECTICUT

Diner slang has evolved from the late 1800s as a form of oral slang used by wait staff to communicate their orders to the short-order cook. Virtually unknown outside the United States, the light-hearted, tongue-in-cheek and even sometimes risqué phrases could be heard in wide use in busy diners during the 1920s continuing on well into the 1970s. Diner lingo was never intended for use in speeding up the order-to-table process. Rather, it was a spontaneously developed mnemonic means of making orders easier to hear and remember above the conversational din of the busy diner. While you can still hear some of the remnants of diner lingo in use today in classic diners, its prevalence has been drowned out by the emergence of fast food chains and computer ordering. A mere sampling:

A Murphy: a potato

A stack of Vermont: pancakes with maple syrup

Adam & Eve on a raft and wreck 'em: two scrambled eggs on toast

Axle grease/skid grease/cow paste: butter

Baby: glass of milk

Break a cowboy: Western omelette

Break it and shake it: add egg to a drink

Bronx vanilla/halitosis: garlic

Bubble dancer: dishwasher

Bun pup: hot dog

Burn the British: toasted English muffin

Cackle fruit/cackleberries/hen fruit: eggs

Check the ice: look at the pretty girl who came in

City juice: water

Cops & robbers: doughnuts and coffee

Drown the kids: boiled eggs

Foreign entanglements: spaghetti

Frog sticks: French fries

Heart attack on a rack: biscuits and gravy

Hemorrhage: tomato ketchup

Hot balls: matzah ball soup

Irish turkey: corned beef and cabbage

Looseners: prunes

Mouse trap: grilled cheese sandwich

Warts: olives

Zeppelins in a fog: sausages and mashed potatoes

AN EXPERT'S TOP 5

DINERS AUTHOR GARRISON LEYKAM DISHES ON HIS PERSONAL FAVORITES

1: O'Rourke's Diner, Middletown

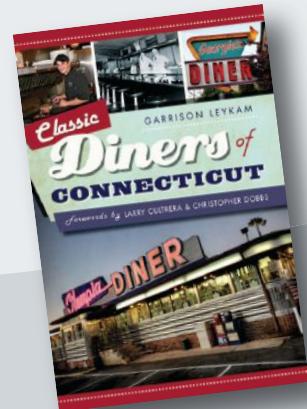
One of the few diners built by the New Jersey-based Mountain View Diner Co. that is still operating today, owner Brian O'Rourke has infused the menu with his experiences in the kitchens of New Orleans, Ireland and the Caribbean and reinvented the omelette. In fact, there is an entire page of the O'Rourke's Diner menu dedicated to Brian's omelet creations. Choosing which one to order can be challenging, especially with such standouts as the Black Forest (house-baked ham with Swiss cheese topped with bacon), Bob Wolfe's (guacamole, tomato, provolone and bacon served with corned beef hash and brown bread) and the Cajun firecracker (cheese, creole sauce, mushrooms, onions and peppers topped with Andouille sausage).

2: Main Street Diner, Plainville

Originally located on Main Street in Hempstead, Long Island, the Main Street Diner was relocated to its current address on West Main Street in Plainville. But the beautiful neon sign that sits atop this gleaming landmark was never changed to reflect its "West" Main Street location. Nestled along aging railroad tracks, one can sit in a booth and be reminded of the historic railroad glory days of this Nutmeg State manufacturing town. Harley-Davidson-riding, singing waitress "Pam" is the face as well as the voice of the Main Street Diner and is always ready to take requests. I've been known to motorcycle considerably out of my way to have the Crabby Crab Melt of two crab cakes topped with Hollandaise sauce, roasted red peppers and melted American cheese on rye bread.

3: Charlene's Diner, Jewett City

The power of home-cooking and a personality focused on its patrons is what has kept customers coming to Charlene's Diner even though it has moved for economic reasons from its original standalone structure at 53 Main St. to its current location at street level in an office building a little ways up at 37 Main St. Charlene Schultz began her love affair with diners at the age of 16, and, in classic entrepreneur fashion, with no credit and using her home as equity, she ultimately bought the originally named "Chick's Diner" and created her legendary Jewett City gem. Try the Hippo, so-named because this unique



Quaker Diner

WEST HARTFORD

Unlike some diners, the Quaker has a real New England character, with menu items such as the classic Yankee pot roast as a standout. The building is a distinctive squat brick structure, with a narrow, long layout. Unlike the flashy neon signs of some of the diners on the list, the Quaker is a bit more humble. You might miss it were you to drive along Park Road in West Hartford too fast. Make sure you don't, as the no-frills New England aesthetic of this spot make it well worth a visit. One of the oldest diners on our list, the Quaker first opened in 1931, and went through a restoration in 1987.

860-232-5523, facebook.com/quakerdiner.
westhartford

The Winsted Diner

WINSTED

This humble diner is housed in an unassuming stand-alone building with a wood-paneled exterior in Winsted, a jewel of a town in the state's northwest hills. This place captures the quirkiness, the local character, the old-fashioned authenticity that we look for in a diner. The building sits at an angle, as if dropped into the streetscape as an afterthought, or as if the rest of the town built up around it. And who knows? Maybe it did. The Winsted Diner is that special. Its defining feature is how small it is, which is almost miniature. Were people in the 1930s that much smaller than we are today? The Winsted Diner may leave us with a lot of questions, but we're fine with that.

860-379-4429

Vernon Diner

VERNON

Located on Route 30 right off exit 65 on I-84, the Vernon Diner is open 24 hours a day, seven days a week, with breakfast served all day. Even with seating for 300 people, the family-owned establishment is often crowded, but the service is quick and friendly. An expansive menu contains almost anything you could possibly think of — house-made soups, gourmet salads, wraps, paninis, roasts, chops, steaks and seafood, in addition to a full bar. But the biggest draw to Vernon Diner may be the spinning cake display. Owner and chef Teddy Demos makes every one of the 25-30 varieties available each day. Trained at the French Culinary Institute in Manhattan, it's no coincidence Demos' most famous cake is his New York-style strawberry cheesecake.

860-875-8812, vernondiner.com



Cromwell Diner

CROMWELL

It's June in Connecticut, so that means the PGA's Travelers Championship is coming to Cromwell. If you're fueling up before a day of walking the course or winding down after watching some of the best golfers in the world, the Cromwell Diner is just a chip and a putt away. Open seven days a week from 7 a.m.-11 p.m., they tee up all the traditional breakfast dishes in addition to such offerings as country fried steak, florentine eggs Benedict, the breakfast burger (beef patty, fried egg,

combination of eggs, meat and cheese between two pancakes heads for your hips!

4: Makris Midtown Diner, Wethersfield

The motto of the town of Wethersfield is "Ye most auncient town in Connecticut," and part of that legacy is the bragging rights to one of the best-preserved O'Mahony diners around: the Makris Midtown Diner. The original nameplate hangs proudly over the front entrance, beckoning hungry patrons in to a bit of history and a whole lot of great home-cooking. An immigrant from Poland in 1995, owner Eva Nowak's best breakfast offerings such as the "Hearty Makris," the "Mighty Makris" and the "Big Breakfast Special" are all hearty headliners.

5: Curley's Diner, Stamford

Almost completely renovated and bearing little resemblance to the original diner owned and managed by Herluf "Curley" Svenningsen, Curley's Diner is a modern-day David and Goliath story of sisters and owners Maria Aposporos and Eleni



Bergetis taking on city hall to prevent "Curley's" from being bulldozed into urban obscurity. Aposporos won a state Supreme Court case that enabled her to keep Curley's Diner from being converted to apartments. Curley's Diner serves some wonderfully delicious surprises on the menu such as The Ranger, a specially seasoned New York strip steak sandwich

served with an egg, french fries and a pickle and the filet mignon covered with bordelaise sauce, tips of sparrowgrass and baby corn that in itself warrants a visit to Curley's just to say you had it. And, for those baby boomers like me who can nostalgically recall the magic of an egg cream soda, it's alive and well and served up at Curley's fountain.

bacon, cheddar jack on Texas French toast) and Alexander's Favorite Sandwich (grilled cheese with corned beef hash and a fried egg). There are also heart-healthy breakfast specials for those trying to keep their waistline under par. The lunch and dinner menus are vast, and (golf pun not intended) they make a pretty mean club sandwich.
860-635-7112, cromwelldiner.com

Zip's Diner

DAYVILLE

Opened in 1954, Zip's is now a third-generation diner in the Quiet Corner that calls itself "New England's Finest Dining Car." Aside from the iconic neon "EAT" sign rising high above the stainless-steel exterior and its appearance on the cover of a 2013 J.A. Jance novella, Zip's is also known for serving scrumptious breakfasts all day. It's open 6 a.m.-9 p.m. seven days a week. If you're not in a breakfast mood, Zip's has comfort food covered, too. Yankee pot roast, roast turkey with stuffing and old-fashioned meat loaf are just a few of the standouts. Start off your meal with a house-made soup of the day and finish with a slice of pie. The service is friendly and the prices are low. Seems like some things haven't changed too much since the 1950s.
860-774-6335, zipsdiner.com

Norm's Diner

GROTON

Locals were given quite a scare when Norm's Diner, a Groton institution since the 1950s, was put up for sale earlier this

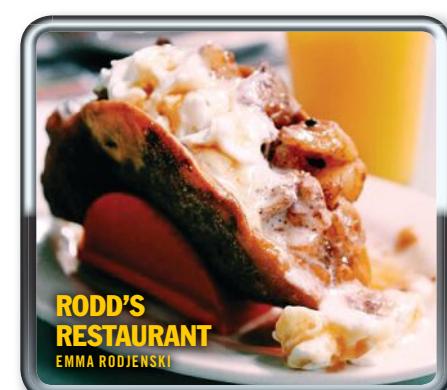
year. But luckily for its loyal patrons, owner John Espada told *The Day* newspaper at the time that he "would never close it." Under new ownership since the end of February, Norm's is still as classic as it gets. It's what your mind's eye sees when you think of a traditional, rail car-style, stainless steel-sided diner equipped with booths and swivel stools. The menu is fairly basic, but when it comes to a small diner, it's all about the atmosphere and execution. Minor renovations are in the works for both the interior and exterior. Norm's operates from 5 a.m.-2 p.m. Monday through Thursday, but once it opens Friday morning at 5, the doors don't close until Sunday at 4 p.m. Breakfast is served anytime.
860-405-8383, facebook.com/normsdiner

Post Road Diner

NORWALK

Post Road lays it on thick with portions and that old-school diner feel. Built in 1947 by Oakland, New Jersey-based Paramount Diners, the homey eatery just off I-95 is filled with retro paraphernalia, such as Coca-Cola items, models of cars, old signs, a soda fountain and working jukeboxes. Open around the clock Friday and Saturday, and 7 a.m. to 2 a.m. Sunday through Thursday, Post Road offers a super-sized menu filled with classic American fare, plus Italian and Greek eats. The breakfast options are especially wondrous, with plenty of omelettes, pancakes and French toast to choose from. Breakfast specials include Oreo waffles, apple and

Boston cream pancakes, and cinnamon raisin flambé French toast — made with bananas, whipped cream and a brown sugar and banana sauce. Officially, the specials are only available on weekends. But if you're there during the week, ask your server and they might be able to hook you up.
203-866-9777, prdfamily.com



Rodd's Restaurant

BRISTOL

This family-owned-and-operated diner on Route 6 has been serving Bristol its breakfast 365 days a year since 1988. In addition to the typical before-noon staples, such as biscuits with sausage gravy and their five styles of eggs Benedict, Rodd's prepares delicious crepes stuffed with everything from eggs, cheese and home fries to fresh fruit to house-made hash. In fact, stuffed is kind of a theme at Rodd's — Nutella-stuffed French toast is a regular special and there's a separate lunch menu



COUNTRY CORNER DINER

ALBIE YURAVICH

boasting more than 30 kinds of stuffed burgers. And, of course, you'll leave ... stuffed. But if you still have room, try an apple taco for dessert — think homemade apple pie in taco form.

860-589-0052

Laurel Diner

SOUTHBURY

In business since 1949, this classic breakfast-and-lunch spot excels in both areas. Made-from-scratch corned beef hash and shredded hash browns grace many breakfast platters and draw fans from near and far. Two particularly indulgent breakfast choices include the Paradise pancakes, two huge cakes topped with grilled bananas, chopped pecans, shredded coconut and powdered sugar, and the cinnamon raisin French toast, a bursting cinnamon bun sliced in half, splashed in egg wash and browned on the griddle. A vegetarian option is the Laurel omelette, filled with spinach, red bell pepper, mushrooms and feta cheese. The signature lunch item is the Laurel barbecue burger, topped with cheddar, onion rings, bacon and barbecue sauce. If you like the sound of the menu, be sure to stop by early; Laurel closes by 2 or 2:30 p.m. every day. It's closed Monday. Also, only cash is accepted.

203-264-8218, thelaureldiner.com

Dottie's Diner

WOODBURY AND WATERBURY

You'll be hard pressed to find better house-made doughnuts in Connecticut, perhaps all of New England, than the ones served up at this Litchfield County institution.

Owner Dorothy "Dorie" Sperry and her crew bake fresh batches every morning, with cinnamon sugar, jelly, chocolate- and vanilla-dipped and cream-filled among the mouth-watering varieties. But there's so much more than doughnuts to these '50s-inspired eateries. The rest of the menu is elevated diner fare featuring a wonderful breakfast selection, including a smoked salmon platter, Nutella-stuffed French toast and fresh corned beef hash. Other than doughnuts, Dottie's might be best known for its chicken pot pie. It offers two versions: an all-meat pie (only served at the Woodbury location) is loaded with tender and flavorful chicken chunks, and a pie that comes with veggies inside. The pies are completely enclosed (not just covered at the top), meaning there's more flaky goodness to enjoy. A tip: If you have a hankerin' for doughnuts, stop by as early as you can; they can sell out.

Woodbury: 203-263-2516

Waterbury: 475-235-2482, dottiesdiner.com

Pop's Diner

NORTH CANAAN

Located where routes 7 and 44 meet not far from the Massachusetts line, Pop's actually has its beginnings over the line in Sheffield, where Pop's owner Tina Zucca's family operated Country Kitchen (later renamed Sunrise Diner) on Route 7. After Sunrise closed in 2013, Zucca opened Pop's a year later, coaxing her parents out of retirement to help with the operation. Her father, Bill Wandall, is now Pop's cook. Wandall whips up all the usual American diner fare here, as well as a few non-

standard options, including a kielbasa and Swiss cheese omelette, breakfast potatoes offered three ways — grilled, deep fried or hash browns — and, since you're definitely in the country, country fried steak. On the weekend, when only breakfast is served, specials include eggs Benedict and sausage gravy over biscuits. Catering to a community firmly rooted in a farming tradition, Pop's opens early every day, at 4 a.m. Closing time is 1:50 p.m. Monday through Thursday, and 6:50 p.m. Friday.

860-453-4448, popsdinerct.com

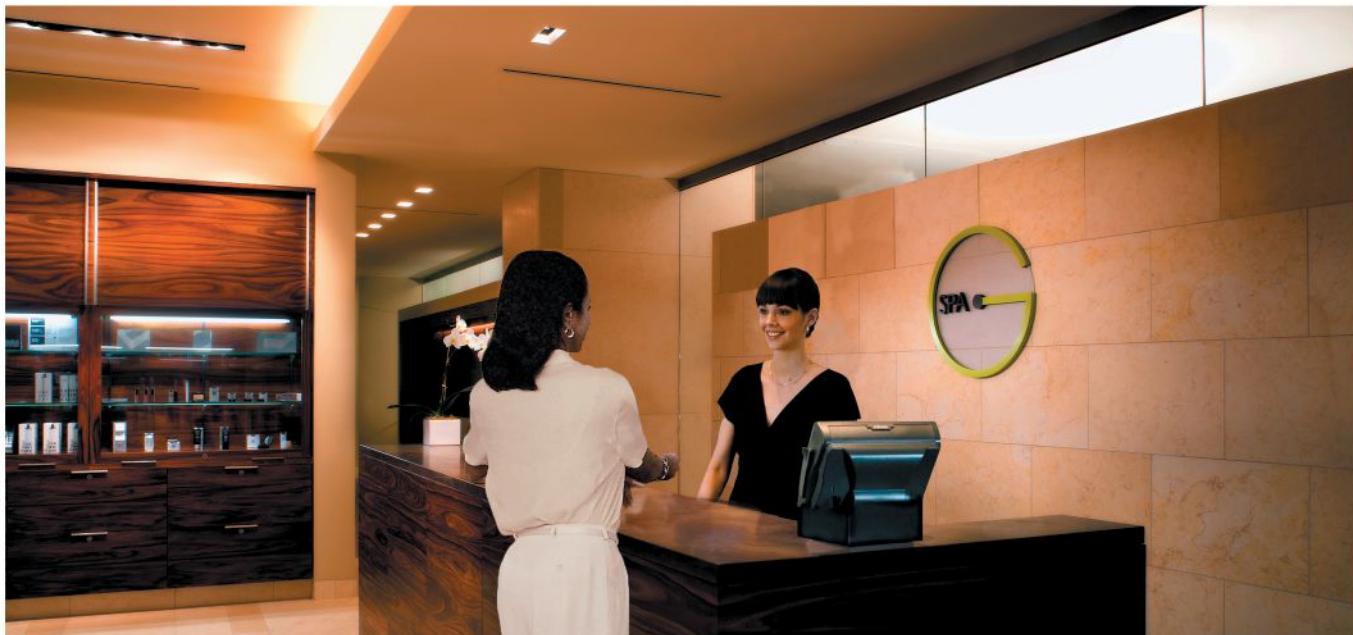
Country Corner Diner

BETHANY

Opened in 2000 and located on Route 63, this small-town eatery has earned a strong local following with its large portions and adventurous offerings. A prodigious menu is bolstered by an extensive selection of daily specials. A recent breakfast-specials menu included eggs Benedict with crabcakes, a chili cheddar omelette, banana walnut cranberry pancakes and Texas French toast with an apple maple bourbon glaze. The regular breakfast menu features the Country Corner omelette, with sausage, bacon, mushrooms, onions and peppers, and homestyle blintzes, with sour cream and applesauce. Open 6 a.m.-10 p.m. daily, Country Corner also boasts a robust dinner array, from American classics such as fried chicken and steaks and chops to Italian and Greek specialties. House-made desserts include loads of pies, cakes and puddings. After all that, you might want to stop by the CrossFit gym just down the road.

203-393-1489, countrycornerdiner.com

TREATMENTS UNIQUE AS YOU



A customized spa experience with a relaxed atmosphere. Private waterfall whirlpools, saunas and steam rooms. Everything you need to unwind and recharge your mind and body.

Present this ad and receive 15% OFF any full price service on
Tuesdays & Thursdays in June



G SPA & SALON AT FOXWOODS
860.312.4772 • FOXWOODS.COM/G-SPA

TRIPADVISOR: CERTIFICATE OF EXCELLENCE | BEST OF CONNECTICUT: CONNECTICUT MAGAZINE
TOP SPAS: HARTFORD AND NEW HAVEN MAGAZINE



BBQ Season at ShopRite!

We have you covered from
Memorial Day to Labor Day &
all the barbecues in between.



ShopRite of Orange

259 Bull Hill Lane Orange, CT

(203) 795-0628 • Open 7am - 11pm

Copyright © 2017 Wakefern Food Corp. All Rights Reserved.

Take The Stand

NEW BARBECUE SPOT THE STAND DELIVERS HOMESTYLE FAVORITES IN BELOVED BRANFORD BUILDING



Pulled chicken, black bean salad and Mexican street corn. PHOTO © JEFF KAUFMAN

BY MICHAEL LEE-MURPHY

In that liminal space along the shoreline south of I-95 and Route 1, where the land seems to melt into the sea, there are some food treasures. Perhaps because of the history of clam shacks and lobster roll spots, there is a wonderful tradition of food that

must be fast, unfussy and good. It needs to be a place you can hit on the way to or from the beach. It can't be too fancy, but it has to satisfy the tastebuds of diners who are willing to travel farther for food in the warm weather.



The Stand
Branford

Some offerings hit, and some miss. A good, bordering on great, example of the genre sits on Branford's South Montowese Street in the shell of a beloved former garage, gas station and general store. The Stand is one of the better incarnations of the type of barbecue places that have popped up all over the state in the past several years. A recent visit reveals a relaxed, charming atmosphere with top-notch barbecue and an array of innovative side dishes to complement the main choices, all at reasonable prices.

The Stand is the result of two sons of

the Connecticut shoreline who made their careers in New York City, and have now returned home. The story of The Stand starts with a chance encounter that connected Eamon Roche, a 50-something property developer and restaurateur, with Greg Nobile, a 20-something Broadway producer and Tony Award winner. Roche, who had promised his wife he would never again get involved in the restaurant business, came away from having a few beers with Nobile with plans for a year-round restaurant. "Greg's very persuasive," Roche says.

As for the food itself, it is fairly standard barbecue fare, well presented and delicately executed. Served at a cafeteria-style counter, diners can choose among a bowl, platter or sandwich. The platter option consists of a half-pound of any combination of meats — peppercorn beef brisket, Carolina-style pulled pork, smoked hot link sausages, New England-style barbecue chicken thighs and St. Louis cut ribs (or Stan's Veg Out, a pound of grains and greens grown in The Stand's gardens) — along with three sides. The bowl size is one meat over two sides, while the sandwich option offers pulled pork, pulled chicken or brisket, served with fries and a pickle.

It's been said that a barbecue place

lives or dies on the strength of its brisket. By that metric, The Stand passes the test with a brisket that is tender and flavorful, with that almost melt-in-your-mouth consistency to which good barbecue always aspires. Another popular meat across the barbecue world is pulled pork, and The Stand's version is highly recommended. Many of the barbecue dishes have a wonderful corresponding sauce, with varying degrees of heat. Sweet pepper harissa (a North African spice blend) and coffee barbecue sauce pairs with the brisket, and Bishop's apple barbecue sauce (with apples from Bishop's Orchards in Guilford) links up nicely with the pulled pork. It must also be said that there is good value for money at The Stand. Comparably sized barbecue meals down the road in New Haven are known to cost almost twice as much.

The sides change often, based on the season. On my visit, the cornbread was fresh and buttery, and the turmeric and barley salad acted as a clean, fresh palate cleanser as I worked my way through the flavorful barbecue. Brussels sprouts, often judged too harshly, are excellently roasted at The Stand, offering a good chance to revisit the dish if you've been away for some time. Other barbecue fixtures like mac and cheese and



watermelon salad make themselves welcome on any platter. The summery food options lend themselves nicely to the restaurant's outdoor seating area, with picnic tables looking out over the marshy hinterland so quintessential to our shoreline.

The desserts are also rotating. The sole offering on my visit was a gingerdoodle cookie, which, while delicious, left me wanting something more.

The Stand takes great pride in its local sourcing, using a revolving door of farms and growers. This local quality extends to the beverage offerings, which feature Foxon Park sodas, juice from Connecticut-based The Farmer's Cow, and a rotating cast of craft beer, such as Branford's Thimble Island and Bloomfield's Thomas Hooker breweries. There's a line of thinking that you should never go grocery shopping on an empty stomach, or else you'll make impulse buys of things you shouldn't. So after you fill up on barbecue, The Stand features a regular farmers market where you can stock up on produce for the week.

Barbecue places are unique in that, in addition to a head chef, they have a pitmaster, the wizard in charge of smoking and barbecuing the various cuts of meat.

Unlike some barbecue places, Stand pitmaster Justin Kingsley exclusively uses a wood-fired smoker as opposed to the gas-powered variety favored by some barbecuers. A Branford local, Kingsley has been a competitive barbecue and chili cook for 16 years. He says the wood-fired smoking process has its drawbacks, such as increased labor time and a more variable temperature. The payoff, though, is a richer flavor. "I wouldn't do it any other way. . . .



Clockwise from top left: rice pudding, chicken wings with watermelon salad, Stan's Veg Out. PHOTOS © JEFF KAUFMAN

There's no comparison," he says.

The space itself maintains many of the wonderful design elements of a classic mid-century American road stop, including old gas station signs and glass garage doors that provide expansive views, as an homage to the building's history. The structure is an integral part of The Stand's story. Co-owner Nobile says he got a call from a real estate broker telling him that the old Indian Neck garage would be going on the market. "I said to him, 'No, it's not. We're getting it,'" Nobile says.

"I grew up getting corn from the farm market that was here. All my friends had worked here growing up and, you know, the car had come here to be repaired. It was a real cornerstone of our family growing up on the shoreline," Nobile says. He thought to himself, "Oh God, if that becomes — as so much stuff does all over the state — a

bunch of condos or homes or whatever it's going to be, or a Walgreens ... it would be horrible."

Nobile's experience in the theater world transfers unexpectedly well to running a shoreline barbecue restaurant. "We're really interested in this idea of preserving what was, and finding opportunities for community to be there," he says.

Nobile has also brought his theatrical sensibilities to the restaurant's advertising strategy. Once a month, Nobile will host events such as a masseuse providing massages, a New Orleans-style second-line marching band or a pumpkin-carving contest. He calls the events *Stand Surprises*.

Both Nobile and Roche say the community has responded to their concept with enthusiasm. "Branford is not a buttoned-up town," Roche says.

The Stand

196 S. Montowese St., Branford
203-433-4728, thestandbranford.com

Hours: Mon.-Fri. 11:30 a.m.-9 p.m., Sat. & Sun. 1:30-9 p.m.
Bar open later. Brunch 9 a.m.-1 p.m. Sat. & Sun.

Price range: Sandwiches \$8-\$10, bowls \$10-\$12, platters \$15-\$18, sides \$4-\$6.
Wheelchair accessible

AMBIANCE Relaxed, open concept with picnic tables and a separate bar area. Outdoor dining offers pleasant views. Busy and boisterous, so be on the lookout for occasional parties.

SERVICE Cafeteria style with a counter, though employees bus tables. Be prepared for bottlenecks at the serving counter, as new cuts of meat come out. The food will be fresh, but you may have to wait for it.

FOOD Good-quality comfort food, at a bargain. Healthy, fresh and delicious sides complement decadent, richly flavored barbecue.

Diet Killer

SKY-HIGH BURGERS,
OUTRAGEOUS MILKSHAKES
STAR AT KILLER B IN NORWALK

BY ERIK OFGANG

Owner Greg Pettinella has a warning for potential customers at Killer B: "This is not a good place to come on a diet."

You can say that again.

The "B" in Killer B, a new bar and restaurant on South Norwalk's main drag, is for burgers, bacon, bourbon and beer. The four Bs are a quadruple threat at the forefront of a playfully outrageous, subtlety-be-damned menu, that in addition to sky-high burgers and thick strips of bacon, features Willy Wonka-esque milkshakes and a bowl of macaroni and cheese featuring three pounds of lobster and served inside the lobster shell. In fact, the lobster macaroni and cheese has become something of a viral sensation, earning hundreds of thousands of views on a Facebook post and drawing guests from several states away.

Pettinella and his partners also own Johnny Utah's, located next door to Killer B, and the two restaurants are connected through the back. Pettinella is the former director of operations at Plan B (now b Restaurants), a popular group of Connecticut burger bars. Killer B's chef, Eddie Gonzalez, is also a Plan B alum, having served as an executive chef for the restaurant group. Due to this pedigree, Killer B has a passing resemblance to other popular burger bars in Connecticut, but it has an atmosphere wholly its own. "We don't want to do anything like other burger places," Gonzalez says. "We want to create something good and, at the same time, crazy stuff."

Or as Pettinella puts it, "Everything we do is a little over the top."

Bacon-wrapped fried mozzarella (\$12), served warm with a sweet bacon- and bourbon-infused dipping sauce, will make you wonder why you never combined bacon and mozzarella in the past, and is alone worth the trip to South Norwalk. Equally as crave-inducing are the thick strips of bacon that are brought to the table hanging clothesline-like from a wire on a stand. They are served in flights of three (\$9) or 10 (\$25) and include flavors such as bourbon, honey, fire and butterscotch (a favorite during a recent tasting at the restaurant). During happy hour, 4-7 p.m. weekdays, one strip of bacon is offered free with each drink purchased, a great incentive.

Speaking of drinks, the restaurant's over-



the-top attitude extends to the beverage program. The signature cocktail is the Smokin' B (\$14). To prepare it, Pettinella brings over a clear glass box to our table that seems like a prop from a magic act. He puts a glass of Jim Beam black bourbon inside the box. He explains that Bittermilk bitters were added to the Jim Beam at the bar, then he presses a button on top of the box. The box fills with smoke, and the drink becomes invisible, lost in the mist for a moment. He opens the box, letting the smoke dissipate into the room (there's not enough of it to cause any coughing). The resulting smoke-infused cocktail makes for smooth and easy drinking. The smoking process mellows the bourbon, but unlike adding sugar or other sweeteners, it doesn't take away its edge entirely.

There's no magic act involved in serving the beer, but there are plenty of great options. In April the bar offered hard-to-find Connecticut beers such as New England Brewing Co.'s G-Bot and Thomas Hooker Brewing Co.'s #NoFilter IPA, and non-Connecticut-brewed gems like Captain's Daughter from Rhode Island's Grey Sail Brewing.

As for the burgers, the gut-busting options include the SoNo Sunrise (\$14), Gonzalez's favorite burger, topped with avocado, fried egg, lettuce, tomato, onion and a special sauce, as well as the Queen B (\$15), a double-decker pork-and-beef patty seasoned with bourbon and Guinness, candied bacon, provolone, lettuce, tomato, onions, pickles and bourbon-bacon mayo. The towering Queen B is like a work of abstract food art, so tall it's difficult to eat but well worth the effort. All burgers feature 100 percent grass-fed beef and come with a choice of house fries or sweet potato fries.

If outrageous amounts of bacon, burger, beer and bourbon have not toppled you over by the end of the meal, the milkshakes



Queen B Burger, top, and the Killer B Milkshake.
PHOTOS BY JULIE WEBEL FOR MAXEX PR

await, taunting your already obliterated willpower with their excellence. These aptly named "super shakes" include the vanilla honey bacon (a giant vanilla honey shake rimmed with bacon bits and topped with whipped cream, honey bacon and nuts) and the chocolate peanut butter (a chocolate peanut butter milkshake rimmed with Reese's pieces and topped with peanut butter cups and chocolate-covered peanut butter balls). Both shakes are \$10, and a highlight is the super-thick, house-made whipped cream as well as the sheer decadence of the shakes themselves. You'll regret ordering these, but you'd regret not ordering them more.

Killer B

80 Washington St., Norwalk
203-853-2326, killerbsono.com

Hours: Sun.-Thu. 11:30 a.m.-1 a.m.,
Fri. & Sat. 11:30 a.m.-2 a.m.

Accessibility: Killer B is not wheelchair accessible, but the restaurant is connected with Johnny Utah's, which is wheelchair accessible. Killer B's full menu is available at Johnny Utah's.

IPAs, New England Style

THE UNFILTERED, JUICY, LESS-BITTER STYLE IS TAKING CONNECTICUT & THE BEER WORLD BY STORM

BY ERIK OFGANG

It's 10:30 on a February morning. We're outside Treehouse Brewing Co., a small brewery in a residential farming area, just across the Connecticut border in Monson, Massachusetts. Even though the brewery is not scheduled to open for another half-hour, early arrivals have formed a line stretching halfway across the large parking lot, and it's growing by the moment. It's cold, and the amount of beer each person is allowed to purchase will be rationed. Even so, the feeling of eager anticipation would put an iPhone launch to shame.

This is currently the holiest of holy craft beer sites. Four out of the top 10 highest-rated beers in the world are Treehouse beers, as of this writing, and the brewery is the unofficial epicenter of one of the brewing world's hottest trends: New England IPAs, an unfiltered style of beer distinct from other IPA substyles.

Treehouse, along with Trillium Brewing Co. in Boston and Canton, Massachusetts, as well as breweries in Vermont and elsewhere, have popularized the style. Treehouse, however, doesn't market its beers as New England IPAs, and Nate Lanier, Treehouse's brewer and co-founder, is not a fan of the term. Of late, the style has crossed state lines from Massachusetts, and a number of Connecticut breweries have begun producing popular versions.

Thomas Hooker Brewing Co.'s lead brewer, Jeff Pasquale, says he developed the Bloomfield brewery's New England IPA, #NoFilter, after repeated requests from fans for a juicy IPA, one with bright



Two Roads

citrus and other tropical fruit flavors. First released in December, it has quickly become popular. "Right now it's our biggest seller; we can't brew enough of it," Pasquale says.

Other Connecticut-brewed New England IPAs (NEIPAs) have met with similar success, including Pioneer Brewing Co.'s Trailblazer IPA.

So, what exactly is a New England IPA and what makes it so appealing to drinkers?

First off, don't be confused by the "New England" portion of the name. Many classic IPAs made in New England are not "New England-style IPAs," including, ironically enough, popular IPAs brewed by New England Brewing Co. The term IPA itself can also be misleading, because traditional IPAs have far more hop bitterness than NEIPAs.

Scott Cross, brewer and co-owner of

East Hampton's Fat Orange Cat Brew Co., which produces Launch and several other New England IPAs, says, "While the beer is generally classified as an IPA, it has lower bitterness and would probably fit more into the pale ale category. Many beer drinkers who are not fans of more traditional bitter IPAs have told us that they actually like the New England IPAs because of that lower bitterness. Most of the New England IPAs, including ours, are hazy from being unfiltered and the combination of brewing water chemistry, yeast selection and the use of flaked adjuncts. They are frequently fruity and are often described as juicy."

David Flynn, co-founder of Connecticut Beer Drinkers, a large Facebook group and website, agrees the New England IPAs are more approachable than other IPAs. "When I first started drinking and sharing hoppy beer with others, people always claimed that it was way too bitter for them," he says. "Because NEIPAs have a soft bitterness and an over-the-top juicy flavor, they serve as a great gateway to hoppy beers in general."

Phil Markowski, brewmaster at Two Roads in Stratford, says the style is characterized by "a pale color, a prominent haze and lots of hop flavor and aroma, but very little hop bitterness."

International Bitterness Units (IBUs) are used to measure bitterness in beer. For a point of reference, Two Roads' flagship double IPA, Road 2 Ruin, has 80 IBUs, while Two Juicy, the brewery's recently released New England IPA, has just 22 IBUs.

Pasquale, from Hooker, says to get this style right, "The mouthfeel is really

6 CONNECTICUT-MADE UNFILTERED NEW ENGLAND-STYLE IPAs TO TRY

Of late, a variety of Connecticut breweries have begun producing New England IPAs. Here are some worth checking out.

#NOFILTER

Thomas Hooker Brewing Co., Bloomfield

With a clever, Instagram-inspired name that also describes the beer's brewing process, this quintessential New England-style IPA is bright and bursting with tropical aroma and juice flavors. With hardly any bitterness, you'll pick up hints of mango, pineapple and some melon and citrus notes. Almost the instant it launched it became one of the most beloved beers being brewed in the

state. Ask for it in the back freezer of liquor stores, where it is generally kept for regulars.

hookerbeer.com, 860-242-3111

TRAILBLAZER

Pioneer Brewing Co. / Connecticut Valley Brewing Co., New Windsor
(brewery opening soon)

One of the first beers in Connecticut to be marketed as a "New England IPA," can releases of Trailblazer are often met with long lines. Big, bold, hazy and oh-so-juicy with hints of grapefruit and pineapple and a strong hop presence, this hard-to-get brew is worth the





important; it's got kind of a smooth, silky, full body. Traditionally IPAs are more dry." He adds that it needs "crazy aroma in this style of beer; it's got to be over the top."

To achieve that beloved "over-the-top" aroma without the bitterness, more hops are generally used, but are added later in the brewing process. Other brewing techniques generally create a beer with a thicker, heavier body.

In addition to tasting different, New England IPAs look different. Markowski explains that the beer's hazy appearance is a departure from professional brewing traditions in which brewers were taught to produce a clean, clear beer. "Brewers five, let alone 10, years ago would have released a beer that hazy over their dead bodies. It was drilled into us that finished beer must be crystal clear, so it's interesting the excitement consumers are now showing

over beers like that."

This non-traditional hazing, paired with its lack of bitterness, make it a controversial beer in some brewing circles. "New England IPAs are polarizing," says Andy Schwartz, brewmaster at Stony Creek Brewery in Brantford.

This month, Stony Creek is releasing its first New England IPA, Ruffled Feathers, so named because the style "ruffles a lot of feathers," Schwartz says. The beer was developed by Gordon Whelpley, and Schwartz says it's designed to be a best-of-both-worlds beer with the thick mouthfeel and tropical flavors fans of the style expect, but with a longer shelf life than other New England IPAs, which generally have to be consumed shortly after canning.

Despite the controversy, Markowski loves that the style has been popularized on the East Coast. "It is great to see because

typically the West Coast has been seen as the innovators. They're the ones who start a trend and everyone else follows. Now we have East Coast brewers being recognized as trendsetters."

But not everyone is a fan of the term "New England IPA." Lanier from Treehouse is among the detractors. "We don't describe them that way and never will," says the brewer. "I don't think it's a good description at all. Many hazy, hoppy ales taste vastly different and are of varying quality, and to lump them all into the same category because they look the same or similar seems a bit off. I don't have a perfect suggestion of where to go with it, but I do think as an industry and profession we can do better. How about just unfiltered IPA?"

Back East Brewing Co. in Bloomfield has several unfiltered beers that fit the characteristics of New England IPAs, but the

hunt. Follow the brewery on Facebook for details about upcoming can releases.
860-707-2792, pioneerbeercompany.com

RAKAUTRA AND ICE CREAM MAN

Back East Brewing Co., Bloomfield

A New England IPA by any other name would still be as juicy! Though not labeled as New England IPAs, both of these beers are hazy, tropical examples of the style. The aptly named Ice Cream Man is a low- to almost-no-bitterness brew with sweet and citrusy flavors that its creators say reminded them of an orange creamsicle. Rakautra is thick with low bitterness and a fruity attack of flavor, but less sweetness than Ice Cream Man. Both are available at the brewery during special releases. Also try the Intergalactic Lupulin IPA. 860-242-1793, backeastbrewing.com

LAUNCH IPA

Fat Orange Cat Brew Co., East Hampton

Featuring a thick orange body and a silky-soft, gentle flavor, this beer is instantly recognizable as something separate from a traditional IPA. It's both a perfect introduction to the style for someone who doesn't normally like IPAs and a complex-enough beer with a backbone of hop flavor to keep the hop heads happy. Available at the brewery and at special can releases, this beer is worth traveling for. Also check out Fat Orange Cat's other New England IPAs, Severe Tire Damage and Consensus.

860-881-8045, fatorangeatbrewco.com

TWO JUICY

Two Roads Brewing Co., Stratford

If New England-style IPAs can be a gateway beer for those who don't normally like IPAs, then this

beer from Two Roads might be a gateway for IPA traditionalists who don't enjoy New England IPAs. The bitterness remains low but the hops are more present and it is more recognizable as an IPA. It still packs a lot of citrus flavor. It's available at the brewery and in stores in limited release.

203-335-2010, tworoadsbrewing.com

RUFFLED FEATHERS

Stony Creek Brewery, Brantford

This beer is being released for the first time in June. An early test-batch version had intense tropical flavors including mango and citrus. Bright and with less haze than some New England IPAs, it still has a rich mouthfeel. Designed to be a more widely available New England IPA, this is a beer to keep an eye out for.

203-433-4545, stonycreekbeer.com

| ERIK OFGANG |

brewery does not market them as NEIPAs. "We intentionally have not called them New England-style IPAs," says Tony Karlowicz, a co-founder of the brewery. "Maybe it is a bandwagon we're just not ready to hop on yet. It is definitely a new and unique style and they're incredibly flavorful."

He adds, "I hear a lot of people talking about whether these are really IPAs, but the NEIPA moniker seems to be catching on. ... I honestly can't think of anything else to call them, so usually we use the phrase 'juicy IPA.'"

Cross says, "Some brewers appear to be opposed to brewing the style and believe it is a passing fad," but notes "its popularity with consumers has grown steadily and is spreading to other parts of the country. Several of our most requested beers are in this style, and we believe it will be around for quite some time."

Markowski says, "New England-style IPAs will by no means go away, but their appeal may be upstaged in the future by a new trend. That's the nature of our fast-moving industry."



Thomas Hooker Brewing Co.

Craft Cruising

BY ERIK OFGANG

Jonathan Edwards Winery Spring Festival

June 3-4 This festival in North Stonington kicks off summer with wine, food, vendors and music. Attendees can bring food or purchase meals from one of the food trucks in attendance. On Saturday, the music lineup includes DC Project and Sunday Gravy, and on Sunday, Tangled Vine and The Mill will perform. Tickets are \$25 in advance or \$30 at the door and include a tasting of five wines, access to artisan vendors, photo booth, airbrush tattoo artist, face painting, games and activities. 860-535-0202, jedwardswinery.com

Ninety9Bottles Craft Beer Festival June 3

More than 75 beers from various New England breweries will be offered. Past events have featured hard-to-find brews and special releases made specifically for this Norwalk festival. There will also be live music and a selection of food trucks on hand. It all takes place atop the hill overlooking Norwalk Harbor at Oyster Shell Park. A portion of the proceeds will benefit The Team Jesse Foundation, which provides education and support to families of fallen soldiers. beerpsects.com

Chester Fair Wine & Beer Tasting June 3

The Chester Fair will hold this annual tasting at the Chester Fairgrounds from 6:30-9:30 p.m. There will be wine and beer vendors and live entertainment, as well as various local restaurants selling food. Admission is \$20, and proceeds go toward the Chester Fair scholarship program.

facebook.com/chesterfair

West Hartford Wine & Food Festival

June 17 The inaugural festival of a planned annual event will offer wine tastings that highlight national and international brands, food samplings from area restaurants including Park & Oak Restaurant, Millwright's, INDIA, Zohara, Billy Grant and Popover Bistro & Bakery. There will also be a craft brewery tent, a Connecticut Wine and Spirits Trail tent, fine whiskeys and cigars. The event will take place on the grounds of Kingswood Oxford school in West Hartford. Admission is \$149 per person in advance and \$179 at the door. Tickets include all food and wine. westhartfordwineandfood.com

White Silo Farm & Winery Rhubarb Festival June 17-18

The 10th annual

Rhubarb Festival at White Silo Farm & Winery in Sherman will highlight a variety of food items featuring farm-grown rhubarb in one way or another. There will also be tours of the vineyard, wine tastings and live music with the Hummingbirds on Saturday and the Blue Yodels on Sunday. Admission is free both days.

860-355-0271, whitesilowinery.com

Two Roads Road Jam Music Fest June 24

From its brewery grounds in Stratford, Two Roads will host this annual jam band music festival starting at 2 p.m. This year there will be two stages and performances by bands including Twiddle, Mates of State, The Pimps of Joytime, Fogcutters, The Alpaca Gnomes, West End Blend and Arc & Stones. The festival's namesake is the Two Roads beer Road Jam, a raspberry wheat beer with lemongrass that will be poured at the festival alongside other select Two Roads brews. Food trucks will also be in attendance. 203-335-2010, tworoadsbrewing.com

Erik Ofgang is the author of Buzzed: Beers, Booze, & Coffee Brews — Where to Enjoy the Best Craft Beverages in New England. Have a craft beverage event coming up next month? Email him at eofgang@connecticutmag.com

Caipirinha

CEVICHE LATIN KITCHEN,
MIDDLEBURY

Ceviche is known for its Latin fusion cuisine. It also has a wonderful Caribbean- and South American-inspired cocktail program, including three well-executed takes on the caipirinha, the national cocktail of Brazil. Caipirinha features the Brazilian spirit cachaça, a liquor made from sugarcane juice that

is fermented and then distilled. The brand Cachaça 61 is used at Ceviche. Elizabeth King, a bartender at Ceviche, says the spirit is similar to rum but has a smoother and earthier flavor. For

the classic caipirinha, she muddles lime wedges and adds freshly squeezed lime juice, with raw turbinado sugar to "maintain more molasses flavor." Cachaça and club soda is added and the drink is served over ice with a stick of sugar cane. Looking like a tropical vacation in a glass, the resulting drink has a clean, refreshing taste, with minimal sweetness, akin to a cross between a mojito and ginger beer.

For the strawberry caipirinha, strawberry puree and fresh, muddled strawberries are added to the mix, creating a slightly sweeter drink but also one that has some added strawberry tartness. The final variety is the gengibre (ginger beer) caipirinha, a personal favorite of King's, and now mine. The recipe for this caipirinha is the same as for the classic one, except the club soda is replaced with ginger beer. This



proves a match made in heaven, with the lime and ginger mingling with the cachaça in a refreshing marriage of tropical flavors. All three versions of the drink paired perfectly with the bright citrus and cilantro zest of the ceviche de camarones, a shrimp ceviche appetizer I couldn't resist ordering.

203-527-7634, cevichelatinkitchen.com
| ERIK OFGANG |



Empire of INDIA Grows

CHEF PRASAD CHIRNOMULA OFFERS A CULINARY EDUCATION AT INDIA IN WEST HARTFORD'S BLUE BACK SQUARE

BY MARYELLEN FILLO

It's nice to be wanted. It's even nicer when the object of everyone's affection is what you can whip up on the stove. Ask noted chef Prasad Chirnomula. That's how he came to open the newest culinary addition to West Hartford's Blue Back Square, INDIA.

"I wasn't eyeing West Hartford as a location at all," says Chirnomula, well known in Fairfield and New Haven counties as the owner of acclaimed Indian restaurants Thali (New Haven and Ridgefield), Thali Too (New Haven) and the original INDIA (New Canaan). "Blue Back wooed me over a round of golf. That is one of my weaknesses."

But before the meeting on the links sealed the deal, Chirnomula took another look around the WeHa landscape, including at other successful chefs with whom he would become culinary neighbors. Two of them, Tyler Anderson and Jamie McDonald, are together adding to their stable with a new West Hartford barbecue-inspired restaurant, Cook and the Bear.

"I saw good restaurants in West Hartford, so many good restaurants, but no good Indian food," says Chirnomula. "I liked the activity in the downtown, and after talking more with Tyler, I was convinced it would be a good business move."

If buzz and a nearly always-full restaurant are any indication, Chirnomula was coaxed the right way.

The restaurant menu includes both the expected and the unexpected when it comes to Indian cuisine for lunch or dinner, with many of the choices offered as small plates, making the dining experience in the sophisticated bistro-like restaurant even more adventurous and social.

Classic fare includes the recognizable, such as tandoori offerings of chicken, prawns and rack of lamb, sauces including korma and tikka masala, and various biryani concoctions of meat, rice and spices. For vegetarians, Chirnomula has a feast, as well, pointing out the array of dishes that focus on okra, potatoes, lentils, eggplant and other vegetables. "It will be even better now that the farmers markets are starting to open," he says.

An "exotic" menu caters to both meat and fish eaters, as well as those who refrain from animal proteins. Among some of the most popular, Chirnomula says, are the potato-and-pea-filled samosas and pani poori, a stuffed and fried puff commonly offered by street vendors in parts of India.



Other choices include Portuguese-style piri piri shrimp, Konkan lump crab with coconut and lemon, as well as lamb chops, chicken kebabs and wings.

"Too many people think Indian food is all about curry," says Chirnomula, favoring the more aromatic curry leaves over curry powder. Dedicated to using fresh products, fresh spices and locally sourced meats and seafood, Chirnomula had studied restaurant management when living in India, but upon immigrating to America, was forced to start at menial restaurant jobs instead.

"But I would sneak into the kitchen and cook with the chefs and they would go to bosses and say, 'Let him cook with us,'" Chirnomula says. "Then I began to make my plans for my own restaurants."

Chirnomula says he loves developing menus for all his restaurants, including his Mexican-themed Oaxaca Kitchen in New Haven, noting that his Indian eateries feature foods from many different regions of the country, foods that reflect a land of many different tastes. "People are surprised at that," he says. "They think Indian food is Indian food — all the same."

Brunch, Indian style, is on Sundays with a creative menu including eggs masala, grilled lamb or chicken omelettes, and Indian-inspired flatbreads and crepes.

"I think people are happy when they try my food," Chirnomula says. "They have an idea of what they think is Indian food based on other restaurants that are not serving authentic Indian dishes. When they come here they are pleasantly surprised, and we find people keep coming back."

In addition to takeout and children's



PHOTOS BY CHEYNEY BARRIEAU FOR EAT IN CONNECTICUT

menus, INDIA also offers an array of wines and specialty cocktails, as well as its signature mango lassi, a blend of yogurt, water, spices and fruit. Desserts include almond kulfis, a frozen dairy treat, and chenna rabdi, a sweetened Indian pudding.

"I think food is exciting," says Chirnomula. "My goal is to educate people about good Indian food. Because dining should always be a learning experience."

INDIA

54 Memorial Road, West Hartford
860-726-4103, indiawesthartford.com

Hours: Lunch daily 11:30 a.m.-2:30 p.m.; dinner Mon.-Thu. 5-9:30 p.m., Fri. & Sat. 5-10:30 p.m., Sun. 4-8:30 p.m.; brunch Sun. 11:30 a.m.-2:30 p.m.

Wheelchair accessible

Meet and Eat

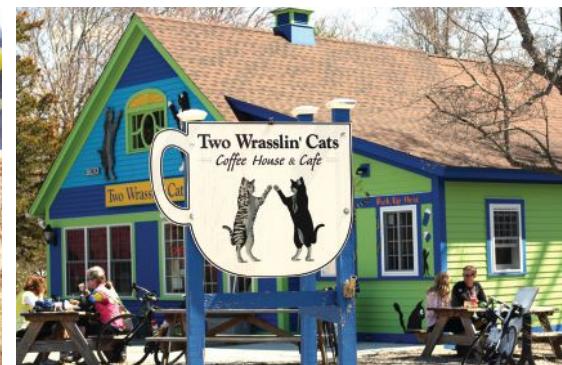
TWO WRASSLIN' CATS, EAST HADDAM'S QUIRKY CAFE, OFFERS COFFEE & COMMUNITY | BY MICHAEL LEE-MURPHY

The first time I spoke to Mark Thiede, the main proprietor and personality behind Two Wrasslin' Cats in East Haddam, he noticed the name on my debit card and proceeded to play a song by 1970s singer-songwriter Michael Martin Murphey off his phone, which emanated out over the cafe's speakers. Myself and several other people standing waiting for their coffees and sandwiches paused and listened. What could have been, and would be in most other coffee places, a harried interaction of commerce — give money, get back less money, take coffee, move on — was instead now a shared moment among people becoming something more than strangers.

When I call back weeks later, Thiede remembers me. "I enjoy those moments when you get somebody in and you can have some fun with them," he says. It's the feeling of community. And an interaction like that would only be the second- or third-most striking thing about the place.

You might first notice the brash blue paint job with almost neon green trim that illuminates the formerly residential building on even the cloudiest of days at the junction of routes 82 and 151, just a mile or so up the road from the Goodspeed Opera House. You might notice the two 6-feet-tall cats that stand guard above the front door like playful sphinxes. Maybe you notice the various signs with messages, including one promoting a weekly Saturday morning anti-war vigil from 10 to 11. Or you could notice the large sign, posted there after the November presidential election, with a paraphrase of *New York Daily News* columnist Shaun King: "Dear Muslims, immigrants, women, disabled, LGBTQ folks & all people of color, we love you — boldly & proudly. We will endure," the sign reads.

Let no one be confused about the values Two Wrasslin' Cats operates under. Thiede, who has a Ph.D. in molecular biology and



The Catprrese sandwich, and above, the exterior of Two Wrasslin' Cats. PHOTOS BY MICHAEL LEE-MURPHY

biochemistry, and is retired from a career at Pfizer Pharmaceuticals, opened the cafe in May 2013 and has for four years been building that sense of community through breakfast, lunch, coffee, ice cream and conversation. "My main goal was to set up a place that would be open to the community to do their own things," he says.

There is local art on the walls from the East Haddam Art League, the cafe sponsors a local baseball team, and Two Wrasslin' Cats has recently begun hosting a Narcotics Anonymous meeting on Tuesday nights. "We've always been open to supporting the general idea of kindness," says Thiede.

There are cat-themed decorations everywhere, though the allergic need not worry — there are no live cats. But the spirits of Larry and Bruno (Thiede's two cats) live in the names of the various sandwiches (\$4.75-\$8.25) on the menu. The Catprrese is a wonderful mozzarella, tomato and basil sandwich on ciabatta bread. Thiede says the Tom Cat turkey — with turkey, stuffing and cranberry sauce — is one of his big sellers year round. The newest sandwich is the Et tu Bruno, a Caesar wrap. (Get it?)

In preparation for opening Two Wrasslin' Cats after leaving Pfizer, Thiede traveled to Portland, Oregon, to attend what he

calls "coffee school," a five-day seminar hosted by a coffee-consulting firm offering aspiring coffee shop owners advice and education. Back in Connecticut, Thiede has been sourcing his coffee beans from Saccuzzo Coffee in Newington. The result is a java menu that, while fairly classic and traditional, is exactly what you want in a coffee shop. (Larry and Bruno are there on the coffee menu, too, as Thiede has the Catpuccino as his answer to the cappuccino.)

A selection of breakfast sandwiches (\$3.76-\$4.25) are served till 11 a.m. While also sticking to the classics — bacon, sausage, egg and cheese — meats are sourced from a variety of outfits in the Hartford area. Baked goods such as muffins and croissants, as well as a variety of bagels, are also offered.

Ice cream from Salem Valley Farms keeps the summer crowds coming in. The food is fresh and familiar, and the coffee is strong.

Two Wrasslin' Cats

374 Town St., East Haddam
860-891-8446, facebook.com/twowrasslincats

Hours: Mon.-Fri. 7 a.m.-5 p.m., Sat. 8 a.m.-5 p.m., Sun. 9 a.m.-5 p.m.

Wheelchair accessible

is the falafel, deep-fried balls of ground chickpeas, parsley, onions and spices.



Juicy tomatoes, creamy tahini and freshly fried falafel combine in a pita for a sandwich that is pure magic. You might have to wait for some of the ingredients to be freshly chopped or fried.

Any wait, as far as we're concerned, is worth it.

860-233-8168, tangiersmarket.com
| MICHAEL LEE-MURPHY |

Falafel

TANGIERS INTERNATIONAL MARKET, HARTFORD

We occasionally forget that sea travel was once the swiftest, easiest way to get around. The cultures that surround the Mediterranean Sea always drew from one another, connected by trade, war and colonization. The clean, light and fresh tastes of mint, parsley, chickpeas, tomatoes and yogurt, not to mention lamb, that abound in



Mediterranean cuisine all find a home at Tangiers International Market in Hartford's West End. Tangiers is both an import market — with a wide range of difficult-to-find products that you can't get at any old supermarket — and a lunch counter with a grill in the back corner. The beloved lunch destination's most popular dish

A Dream Come True

WITH AUTHENTIC MEXICAN FAVORITES AND CREATIVE NEW TWISTS, SALSA'S SOARS IN SOUTHBINGHAM AND CHESHIRE

BY MARYELLEN FILLO

When Leon Lopez's family moved from Oaxaca, Mexico, to Plainville more than two decades ago, the then-youngster spoke no English and had no idea what he wanted to do as a new American. As he got older, he learned the language and tapped into his interest in food, working a variety of restaurant jobs. But he knew that if he was to truly take advantage of the American dream he and his family sought, he needed to have his own business. Now that Lopez is grown, that dream has become a reality.

Lopez owns Salsa's Southwest Grill — actually two Salsa's less than two miles apart, a full-service restaurant in Southington and his primarily take-out eatery that he recently relocated from Southington to a larger location in Cheshire.

"I didn't try hard in high school, and college wasn't even a thought," says the 32-year-old Lopez. "The funny thing is I came from Mexico when I was a child but worked mostly at Italian-American restaurants, so I kind of lost my edge with Mexican cooking," he says, ticking off his résumé with stints at The New Mill and Southington Country Club. "When I got married, I told my wife that if we wanted to succeed we needed our own business, so we saved and saved. And I visited Mexico to cook with my grandmother so I would perfect my knack of real Mexican food again."

Be prepared for a south-of-the-border delight. His guacamoles are revered. There are four fresh varieties offered each day, ranging from the traditional with avocado, tomato, onion and cilantro, to the more exotic picoso rojo with chipotle and chile de arbol, and the dulce de frutas with mango, apple, serrano pepper kiwi and strawberries.

"I used 15 cases of avocados a week," says Lopez. "I'll put our guacs up against anyone's."

Menu items also include mainstream Mexican fare like enchiladas, fajitas, tacos and enchiladas. But there is more. Mucho más!

"You don't see these on [other places'] menus much and you don't see them the way I do them," Lopez says about his *flayudas* — stuffed corn tortillas that are made to order.



Trio Fajita: Shrimp, steak and chicken

One of the most popular is the *guelaguetza* with black bean paste, Oaxaca cheese, chorizo, skirt steak, marinated pork, avocado and cilantro. "We use Oaxaca cheese because it is creamier than most that are used," says Lopez. "It's kind of a Mexican version of mozzarella."

Lopez also reaches back to his roots with his *molcajetes*, authentic fajitas that are baked and served in a large lava rock bowl from Mexico. They include one featuring skirt steak, chorizo, al pastor, chicken, shrimp and Oaxaca cheese cooked in a fire-roasted tomatillo sauce, and a seafood version with shrimp, scallops, mussels and clams.

Salsa's version of traditional chopped salad bursts with romaine hearts, tomatoes, cucumbers, corn and avocado. Soups include a bison chili and pozole, a kind of stew with roasted pork and red chilies.

"There is no real Mexican food served in most Mexican restaurants," says Lopez, crediting Berlin chef and business owner Jason Bikakis for being his mentor. "Many of my spices come from Mexico, and expect to see grilled cactus leaves, which are very traditional as part of the meal."

Appetizers include mini *flautas*, *alambrés* (grilled meats topped with peppers, onions and Oaxaca cheese) and *nachos*, and range from \$6 to \$12 with soups and salads offered for \$4 to \$10. Entrées and specialty dishes are \$9 to \$29.

There are daily happy hour specials as well as specials such as *carne asada* tacos, Lopez's version of the Mexican street taco, and *jamburrito*, a chicken and chorizo Mexican jambalaya.

Among the tequila and mezcal choices are the *Ilegal Mezcal Reposado*, *Leyenda del Milagro* tequila and the premium *Gran Corralejo Añejo* tequila.

There's also the Mexican version of a classic *stoli doli* (pineapple-infused vodka). Glass jars of tequila filled with pineapple or berries or blood oranges are part of the bar decor and libation offerings. And don't forget the cane sugar-laced *Jarritos* sodas.

"It's been a long, crazy journey and a lot of people helped me along the way. I have crews at both places that are amazing," says Lopez. "My family came to America blindfolded when it came to opportunity here, and I am proof that once the blindfold is off, your success is there if you want it bad enough."

Salsa's Southwest Grill & Bar

2211 Meriden-Waterbury Tpke., Southington
860-426-9888 / 860-426-9988 (for takeout)
salsassouthwestgrillandbar.com

Hours: Tue.-Sun. 11 a.m.-10 p.m. Closed Mon.

Salsa's Southwest Grill

1156 Meriden-Waterbury Tpke., Cheshire
860-621-6802
salsassouthwestgrill.com

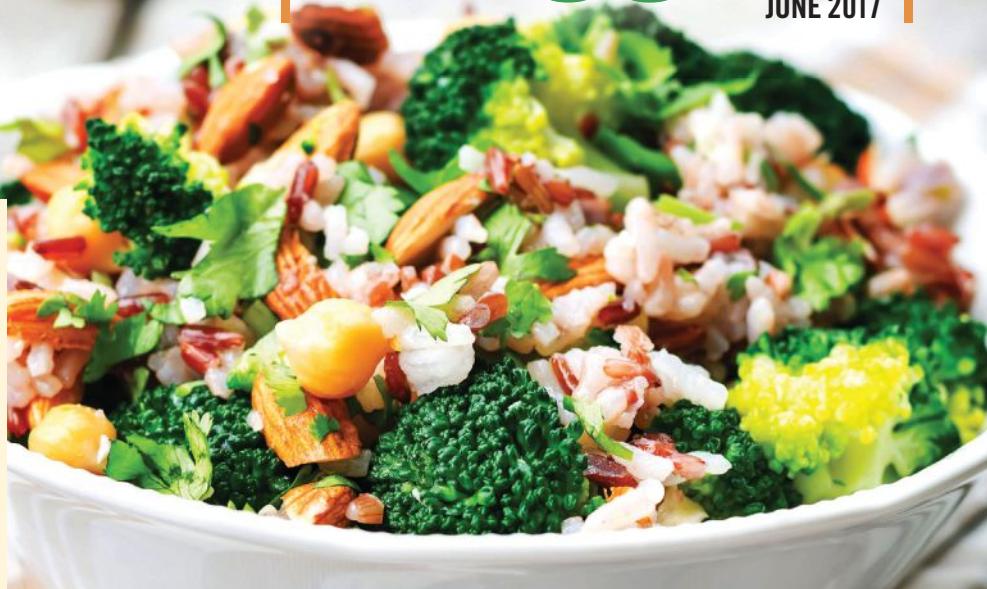
Hours: Mon.-Sat. 11 a.m.-10 p.m. Closed Sun.

Wheelchair accessible

Fairfield	62
Hartford	64
Litchfield	65
Middlesex	65
New Haven	66
New London	66
Tolland	67
Windham	67

dining guide

JUNE 2017



openings

A monthly look at some of what's new and exciting on the Connecticut dining scene

PizzaCo, Stratford Housed in a former gas station across from Two Roads Brewing Co., this spot allows guests to "fill up" on "garage-fired" pizzas made in an Italian-built brick oven. Classic pies are offered alongside unusual options like the mashed potato pie with bacon, caramelized onions, mozzarella and cheddar, as well as the Shell Station, a New England-style white clam pie with bacon, garlic, diced fresh clams and Parmigiano-Reggiano. A full bar offers craft cocktails and craft beer. 203-612-7520, pizzacostratford.com

Frank Pepe Pizzeria Napoletana, Waterbury The godfather of Connecticut- and New Haven-style pizza's latest location opened in mid-April directly off Interstate 84 in Waterbury. The ninth Pepe's location is a 3,400-square-foot, 90-seat space, featuring Pepe's signature coal-fired Naples-style pizza that still utilizes the family's recipes that patriarch Frank Pepe grew up with in his town of Maiori, on the Amalfi coast of Italy, and brought to the Wooster neighborhood of New Haven nearly a century ago. 475-235-2145, pepesizzeria.com

INDIA, West Hartford This locally sourced, farm-to-table restaurant opened in late 2016 in Blue Back Square and features traditional Indian cuisine with "British Colonial overtones." It is owned by chef Prasad Chirnoma, the culinary mastermind behind several Connecticut restaurants including the Thali restaurants in Fairfield County, Thali Too in New Haven and the Mexican restaurant Oaxaca Kitchen, also in New Haven. Highlights of the menu include a wide selection of naan bread and kebabs. 860-726-4103, indiawesthartford.com

The Velvet Vine, Stonington Opened in December 2016, this wine restaurant features house-made soups, charcuterie plates, grilled panini sandwiches, salads and more. Owned by Michelle and Evan Isted, The Velvet Vine is the sister restaurant of The Twisted Vine in Westerly, Rhode Island, owned by Isted's mother. It is nestled within Stonington's American Velvet Mill, a historic factory that has been renovated into a mall-like space (minus the soulless, corporate feel), and is also home to Beer'd Brewing Co. and a variety of other local businesses. 401-596-4600, thevelvetvinect.com

Bull and Swine, New Haven We're going to stretch the definition of "new" for this barbecue spot, which opened last summer but somehow slipped under our radar. Barbecue that combines styles from all over the country is offered in a sleek space with red brick walls and exposed wood. Guests can enjoy classics by the pound such as brisket and ribs. There are also unique-to-Connecticut specialties like a sweet barbecue sauce made with Connecticut soda company Foxon Park's birch beer and the NEBCO G-Botwurst, handmade sausage made with New England Brewing Co.'s sought-after G-Bot Double IPA. Craft cocktails are available from nitrogen-powered drafts, a process that generally adds a velvety smoothness to drinks. 203-915-6806, bullswine.com

Know of a new Connecticut restaurant?
Email Erik Ofgang at erikgang@connecticutmag.com

Fairfield County

Archie Moore's Bar & Restaurant • American • EP Casual pub-style dining with burgers, nachos and salads. And don't miss the award-winning buffalo chicken wings. • 48 Sanford St., Fairfield, 203-256-9295 archiemoores.com. Open daily. L D LS, \$

Bailey's Backyard • Farm to Table • EP A farm-to-table restaurant in a polished, relaxed atmosphere. • 23 Bailey Ave., Ridgefield, 203-431-0796 baileysbackyard.com. Closed Mon. L D SB, \$\$\$

Barcelona Restaurant & Wine Bar • Spanish Mediterranean • EP Hip restaurant serving Spanish and Mediterranean cuisine — including tapas, hot and cold. • 4180 Black Rock Tpke., Fairfield, 203-255-0800; 222 Summer St., Stamford, 203-348-4800; 515 West Ave., Norwalk, 203-854-5600 barcelonawinebar.com. Open daily. L D LS SB, \$\$

bartaco • Mexican • EP Enjoy unique taco recipes and a wide variety of tequilas on the patio at this seaside bar. • 20 Wilton Road, Westport, 203-222-8226 bartaco.com. Open daily. L D, \$, E

Basso Cafe • Mediterranean Casual fine dining establishment offering Mediterranean Latin fusion cuisine in a cozy and chic atmosphere. Bar offers a full wine, beer and craft cocktail list. • 124 New Canaan Ave., Norwalk, 203-354-6566 www.bassobistrocafe.com. Closed Mon. L (Tues.-Sat.), D, \$\$\$

Butcher's Best Country Market • Deli Meats are hand-selected, trimmed and cooked, prepared take-home or in your favorite sandwich to go. Traditional and special salads are also available. • 125 S. Main St., Newtown, 203-364-0013 butchersbestmarket.com. Closed Sun. L, \$

Coalhouse Pizza • Pizza • EP Besides coal-fired pizza, the jazz-themed menu also includes wraps, burgers and plates, and an extensive draft selection. • 85 High Ridge Road, Stamford, 203-977-7700 coalhousepizza.com. Open daily. L D, \$\$, WA

Elm • American • EP World-class chef Brian Lewis makes culinary magic here — with the freshest local, top-quality ingredients — in an elegant minimalist environment. And there's a great Sunday brunch. • 73 Elm St., New Canaan, 203-920-4994 elmrestaurant.com. Closed Mon. D SB, \$\$, WA

F.I.S.H. • Seafood • EP This mod-elegant restaurant features a variety of excellently prepared seafood favorites and a special section of the menu that lets you choose your fish and how it's cooked. • 245 Bedford St., Stamford, 203-724-9300 fishstamford.com. Open daily. L (Mon.-Thurs.) D, \$\$, WA

Frank Pepe Pizzeria Napoletana • Pizza While world-famous white clam pizza is the standout, just about any pie here is worth the wait. • 238 Commerce Drive, Fairfield, 203-333-7373; 59 Federal Road, Danbury, 203-790-7373 pepesizzeria.com. Open daily. L D, \$, WA

Homestead Inn — Thomas Henkelmann • French Upscale French restaurant features impeccable service, comfortable surroundings, an extensive wine list and creative French food. • 420 Field Point Road, Greenwich, 203-869-7500 homesteadinn.com/thomas-henkelmann. Closed Sun.-Mon. L (Tues.-Fri.), D, \$\$\$

Ichiro • Sushi • EP Ichiro offers a combination of Asian fusion, sushi and hibachi entrees. Enjoy the full-service bar and the shows put on by the hibachi chef. • 69 Newtown Road, Danbury, 203-792-8881 ichirodanbury.com. Open daily. D, LS (Fri.-Sat.), \$\$

Joseph's Steakhouse • American • EP Known for a New York-style steakhouse experience with gems such as prime dry-aged beef. • 360 Fairfield Ave., Bridgeport, 203-337-9944 josephssteakhouse.com. Open daily. L (Mon.-Fri.) D, \$\$, WA

I'escala • French • EP A stylish, romantic dining room overlooking Greenwich Harbor that serves superb Provençal cuisine. • 500 Steamboat Road, Delamar Greenwich Harbor, Greenwich, 203-661-4600 lescalerestaurant.com. Open daily. B L D LS SB, \$\$, WA

Liana's Trattoria • Italian • EP Traditional Italian cuisine served in the atmosphere of an authentic Italian bistro. • 591 Tunxis Hill Road, Fairfield, 203-368-1235. Closed Sun.-Mon. D, \$\$, WA

Local Kitchen and Bar • American • EP Craft beer is the name of the game here with more than 30 lines including rare local, national and international gems. There is also a full menu of classic American cuisine. • 68 Washington St., Norwalk, 203-957-3352; 85 Mill Plain Road, Fairfield, 203-955-1919 sonolocal.com, fairfieldlocal.com. Open daily. L D SB, \$\$, WA

Match • American • EP RC The farm-fresh, seasonal menu at this upscale SONO restaurant changes daily but always offers something intriguing. • 98 Washington St., South Norwalk, 203-295-8718; 1215 Post Road, Fairfield, 203-852-1088 matchsono.com. Open daily. D L (Wed.-Fri.), \$\$

Mecha Noodle Bar • Asian • EP RC Serves some of Asia's most comforting dishes, from Vietnamese pho to Japanese ramen and riffs on food that can be found in the streets of Southeast Asia. • 116 Washington St., South Norwalk, 203-295-8718; 1215 Post Road, Fairfield, 203-292-8222 mechanoodlebar.com. Open daily. L D, \$

CONNECTICUT Magazine's restaurant listings are presented as a service to our readers. Information on specialties, prices, etc., was supplied by the restaurateurs. Space limitations in this guide prevent us from describing every restaurant in the state; omission is not intended to reflect upon the quality of an establishment. The listings include restaurants we know and love, and those recommended to us by our readers. Average entrée prices are based on dinner entrées: \$ — inexpensive (under \$15); \$\$ — moderate (\$15-\$25); \$\$\$ — expensive (over \$25). This guide is updated regularly, but it is suggested that prices and hours be verified by phone. B (Breakfast); L (Lunch); D (Dinner); LS (Late Supper); SB (Sunday Brunch); E (Live Entertainment); WA (Wheelchair Access); EP = 2017 Experts' Pick; RC = 2017 Readers' Choice.

Mezon • Mexican • EP RC An inventive fusion of Spanish, Latin American, and Caribbean-inspired dishes to transport you to a time of tradition, passion, flavor and soul. • 56 Mill Plain Road, Danbury, 203-748-0875 mezonct.com. Open daily. L D SB, \$

Mill Street Bar & Table, Greenwich • American • EP Seasonally driven menu from the Northeast land and sea, with two dining rooms, an oyster bar, a full-service bar, comfy cocktail lounge and heated patio. • 230 Mill St., Greenwich, 203-813-3323 millstreetct.com. Closed Sun.-Mon. D, \$\$\$

Pho Saigon, Bridgeport • Vietnamese • EP The unpretentious, out-of-the-way gem serves up generous portions of authentic, traditional pho. • 1275 Iranistan Ave., Bridgeport, 203-334-8812. Open daily. L D, \$

Pho Vietnam • Vietnamese • EP RC A family-owned restaurant serving authentic Vietnamese food with fresh produce, choice meats and seafood. • 56 Padanaram Road, Danbury, 203-743-6049 phovietnamrestaurant.com. Open daily. L D, \$\$, WA

Pink Sumo • Sushi • EP RC Specializes in world-class sushi and sashimi, using only the freshest seafood and ingredients. • 4 Church Lane, Westport, 203-557-8080 pinksumoct.com. Open daily. L D, \$\$

Positano Ristorante • Italian This restaurant has been owned and operated by the Scarpati family for more than 15 years. Owner and chef Giuseppe Scarpati was born on the island of Ponza, Italy, and his cuisine focuses on all-natural cooking, with fresh fishes, meats, fruits, vegetables, and aromatic herbs. • 27 Powers Court, Westport, 203-454-4922 positanorestaurantwestport.com. Open daily. L D SB, \$\$, E

Redding Roadhouse • American This cozy, classic-style pub features seafood and meat classics as well as an assortment of artisan cheeses, a good beer list and specialty cocktails. • 406 Redding Road, Redding, 203-938-3388 thereddingroadhouse.com. Open daily. L D SB, \$\$, E, WA

Roberto's • Italian • RC Excellent Italian food with attentive service, plus catering and a full-service banquet facility. • 505 Main St., Monroe, 203-268-5723 robertosmonroe.com. Open daily. L (Sun.), D, \$\$

*Day or Night, Inside or on the Patio.
Your Table is Waiting...*

2017 Winner:

**Best Italian • Best Steak
Best Wine List • Best Cocktails
Best Lunch • Best Family Value**



Connecticut Magazine

**2016 Winner
Award of Excellence
Wine Spectator**



163 ROUTE 81
KILLINGWORTH
(860) 663-1155
LAFORESTARESTAURANT.COM

2017 BEST OF CONNECTICUT
(CONNECTICUT MAGAZINE - EXPERTS AND READERS CHOICE AWARDS)



**WINNER:
BEST FIRESIDE DINING • BEST OUTDOOR DINING**

WINNER: BEST BRUNCH

WINNER: BEST GOURMET BURGERS

WINNER: BEST PRIME RIB

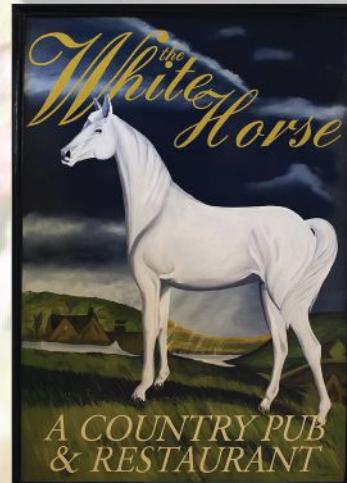
WINNER: BEST VALUE

WINNER: BEST PUB

WINNER: BEST LUNCH



The White Horse
A Country Pub & Restaurant



**860-868-1496
258 New Milford Tpk.
New Preston, CT
whitehorsecountrypub.com**

| dining guide | **fairfield county**

Sal e Pepe Contemporary Italian Bistro • Northern Italian • RC Offers superb cuisine with a contemporary flair, from fresh pastas and sauces to unique specials and classics with a modern twist. • 97 South Main St., Newtown, 203-426-0805 salepepererestaurant.com. Open daily. L D, \$\$, WA

The Schoolhouse at Cannondale • American • EP With the motto "Fine. Fresh. Simple," the owners seek out the best sources of ingredients and treat them simply and with respect. • 34 Cannon Road, Wilton, 203-834-1816 schoolhouseatcannondale.com. Closed Mon. L (Fri., Sat.) D (Wed., Fri., Sat.) SB, \$\$\$

Shiki Hana • Sushi • EP This low-key restaurant offers a variety of sushi rolls, hibachi dishes and Japanese bento meals. • 222 Post Road, Fairfield, 203-259-5950 shikihanafairfield.com. Open daily. L (Mon.-Sat.) D, \$\$

The Sitting Duck Tavern • American Neighborhood tavern committed to using regionally and locally grown produce and products. • 3694 Main St., Stratford, 203-873-0871 sittingducktavern.com. Open daily. L D LS SB, \$\$

Abbott's Lobster in the Rough
Open Daily May 26th
11:30 am - 9:00 pm*
117 Pearl Street, Noank, CT | 860-536-7719
Legendary seaside restaurant on the mouth of the Mystic River.

Costello's CLAM SHACK
145 Pearl Street, Noank, CT | 860-572-2779
Open Daily May 26th
11:30 am - 8:30 pm**
Dining by the sea - serving classic New England fresh & fried seafood.

www.AbbottsLobster.com
www.CostellosClamShack.com

*Weekends only after Labor Day until Columbus Day. Fri/Sat/Sun 11:30-7pm
**Call for hours after Labor Day

The Spinning Wheel • American • RC Enjoy a quintessentially New England-inspired menu with seasonal specials, local and homegrown accents, and modern adaptations of traditional comfort dishes. This classic style pub has 12 types of beer on tap, a rum-inspired drink menu and is housed within a newly renovated historic saltbox style house that dates back to 1742. • 109 Black Rock Tpke., Redding, 203-664-4000 swredding.com. Open daily. L (Thurs.-Sat.) D, \$\$, WA

Stanziato's • Pizza • EP Wood-fired pizza made using organic, seasonal ingredients from local farms and artisans. • 35 Lake Ave. Ext., Danbury, 203-885-1057 stanziatos.com. Closed Sun. L (Mon.-Fri.), D, \$, WA

Tequila Mockingbird • Mexican The food here is made with traditional ingredients when possible, including imported chiles. Tequila is taken seriously as well, with bartenders receiving tequila training in Mexico. • 6 Forest St., New Canaan, 203-966-2222 tequilamockingbirdinc.com. Open daily. D, \$\$

Thali • Indian • EP The ambiance in each of Chef Prasad Chirnromula's restaurants is unique, but what ultimately distinguishes them is the flavorful food. • 296 Ethan Allen Hwy., Ridgefield, 203-894-1080 thali-ridgefield.com. Open daily. L, D, LS (Fri.-Sat.), SB, \$\$

Toro • Sushi • EP RC Japanese and Asian cuisine with a modern flair and a hibachi chef to provide live entertainment. • 28 Church Hill Road, Newtown, 203-364-0099 tororestaurantnewtown.com. Open daily. L D LS (Fri.-Sat.), SB, \$\$

Wafu Asian Bistro • Asian Upscale dining with a frequently changing menu that utilizes local ingredients. • 3671 Post Road, Southport, 203-254-2288 wafuasianbistro.com. Open daily. L D, \$

Walrus + Carpenter • Barbecue • EP Sink your teeth into the barbecue offered at this sleek eatery in the Black Rock section of Bridgeport. The customer favorite is the Notorious P.I.G. • 2895 Fairfield Ave., Bridgeport, 203-333-2733 walruscarpenterct.com. Open daily. L D, \$\$, WA

| Hartford County |

@the Barn • American This 170-seat, 4,000-square-foot ultra-sleek steakhouse and wine bar features multiple dining areas, steaks, seafood, small plates and a wine list selected by a certified sommelier, as well as a wide array of martinis, specialty cocktails and craft beers. • 17R E. Granby Road, Granby, 860-413-3888 atthebarngranby.com. Closed Mon. L D (Tues.-Sun.), \$\$, WA

Avért Brasserie • French • EP Owned by two chefs who in recent years have been making the Connecticut foodie world sit up and take notice, this restaurant offers beautiful food combined with imagination, perfectionism and zest. • 35 LaSalle Road, West Hartford, 860-904-6240 avertbrasserie.com. Open daily. L D, LS, \$\$, WA

Barcelona Restaurant & Wine Bar • Spanish Mediterranean • EP Hip restaurant serving Spanish and Mediterranean cuisine — including tapas, hot and cold. • 971 Farmington Ave., West Hartford, 860-218-2100 barcelonawinebar.com. Open daily. L (Mon.-Sat.) D LS, \$\$, E, WA

Bricco Trattoria • Italian • EP Creates the feel of an Italian farm house or vineyard home, with simple, fresh and delicious food and time-honored recipes. • 124 Hebron Ave., Glastonbury, 860-659-0220 billygrant.com. Open daily. L (Mon.-Sat.) D, \$\$

Carbone's Kitchen • Italian Established in 2012, this casual-dining little brother to Carbone's Ristorante uses fresh and local ingredients to prepare old-school Italian classics. • 6 Wintonbury Mall, Bloomfield, 860-904-2111 carboneskitchen.com. Open daily. L (Mon.-Fri.) D, \$\$, WA

Carbone's Ristorante • Italian This old-school, fine-dining Italian restaurant was established in 1938 and has survived as long as it has for a reason. Dishes include lobster risotto, grilled veal chop and eggplant, chicken and veal parmigiano. • 588 Franklin Ave., Hartford, 860-296-9646 carbonesct.com. Closed Sun. L (Mon.-Fri.) D, \$\$, WA

Costa del Sol • Spanish/Mediterranean • EP Galician restauranteur Jose "Pepe" Feijoo incorporates the old and the new, breathing new life into a cuisine rich in Spanish heritage, with a focus on tapas and seafood. Tapas bar, sun rooms, patio, private function room and a small market. • 901 Wethersfield Ave., Hartford, 860-296-1714 costadelsohartford.com. Closed Mon. L (Tues.-Fri.) D, \$\$

Frank Pepe Pizzeria Napoletana • Pizza While world-famous white clam pizza is the standout, any pie here is worth the wait. • 1148 New Britain Ave., West Hartford, 860-236-7373; 221 Buckland Hills Drive, Manchester, 860-644-7333 pepesizzeria.com. Open daily. L (Mon.-Fri.) D, \$, WA

GoldBurgers • Burgers • EP The big (with a capital B) juicy specialties at GoldBurgers are all made with locally sourced beef and include the venue's namesake, the GoldBurger, a monster of a burger made with two patties and crowned by potato chips. • 1096 Main St., Newington, 860-665-0478. Open daily. L D, \$, WA

JV's Taproom • Pizza / Bar Bar/pub spotlights steak and wood-fired pizza along with craft beers and specialty cocktails in a casual setting. Rebel Dog Coffee Co., located in the same building, serves up specialty coffees and breakfast sandwiches. • 393 Farmington Ave., Plainville, 860-793-8809 jvstattroom.com. Closed Mon. D, SB, \$, WA

Max Downtown • American • EP Features global cuisine, chophouse classics, a fine wine list and lighter fare in the tavern. *Wine Spectator* Award of Excellence. • 185 Asylum St., Hartford, 860-522-2530 maxrestaurantgroup.com. Open daily. L (Mon.-Fri.) D LS, \$\$, WA

Max Fish • Seafood Lively, upscale fish house serving a daily selection of fresh seafood and great steaks. The Shark Bar is more casual, offering lighter fare and Max classics in an up-tempo environment. • 110 Glastonbury Blvd., Glastonbury, 860-652-3474 maxfishct.com. Open daily. L (Mon.-Sat.) D LS, \$\$

Max's Oyster Bar • Seafood • EP Modern renditions of classic American seafood in an atmosphere reminiscent of a big-city oyster bar. • 964 Farmington Ave., West Hartford, 860-236-6299 maxrestaurantgroup.com/oyster. Open daily. L, D, LS (Sat.), \$\$\$

Murasaki • Sushi • EP Well known for its outstanding sushi and sashimi creations, Murasaki also offers a selection of American foods served in the Japanese style. • 23 LaSalle Road, West Hartford, 860-236-7622 murasakijapaneserestaurant.com. Closed Mon. L (Tues.-Sat.), D, \$\$

ON20 • Contemporary French / American • EP Savor panoramic city views and sophisticated atmosphere along with sumptuous seasonal cuisine. • 400 Columbus Blvd., 20th Floor, Hartford, 860-722-5161 ontwenty.com. L (Mon.-Fri.) D (Wed.-Sat.) L D, \$\$, E

Pho 501 • Vietnamese • EP Dedicated to keeping it simple, with the best soups and authentic Vietnamese family recipes. • 501 Main St., East Hartford, 860-569-3700 pho.com/east-hartford-ct/pho-501. Closed Mon. L D, \$

Plan B Burger Bar • Burgers Gourmet burgers and a wide selection of beers and bourbons. • 120 Hebron Ave. #6, Glastonbury, 860-430-9737 planburger.com. Open daily. L D LS, \$, WA

Ruth's Chris Steakhouse • Steak Billed as "the steak that speaks for itself" the steaks served here are USDA Prime. In addition, the restaurant utilizes locally sourced produce in its recipes. • 2513 Berlin Tpke., Newington, 860-666-2202 ruthschris.com. Open daily. L (Sun.) D, \$\$, WA

Smokin' with Chris • Barbecue • EP Specializes in barbecue and other smoked meats, but also offers specialty salads, seafood and vegetarian dishes. • Southington, 860-913-3333 smokinwithchris.com. Closed Mon. L D, \$\$, E

Staropolska • Polish • EP Authentic homemade Polish cuisine prepared fresh daily and an in-house bar. • 252 Broad St., New Britain, 860-612-1711 staropolska.net. Closed Mon. L D, \$\$

Trumbull Kitchen • American "Global comfort food" is served at communal tables at this sophisticated city brasserie. *Wine Spectator* Award of Excellence. • 150 Trumbull St., Hartford, 860-493-7417 maxrestaurantgroup.com. Open daily. L (Mon.-Sat.) D LS, \$\$, E

Vinter Wine Bar & Kitchen • Tapas This exciting restaurant in Blue Back Square serves 68 wines by the glass along with an ambitious small-plates menu. • 63 Memorial Road, West Hartford, 860-206-4648 vinterwinebar.com. Open daily. D, \$\$, WA

#WatchOurStep

CELTIC CAVERN

GASTROPUB

Learn more at celticcavern.com/watchourstep
45 Melilli Plaza, Middletown, CT 860-894-2954

Litchfield County

Alpenhaus Restaurant and Steinbock Tavern •

German Restaurant offers authentically prepared German food such as pan fried chicken schnitzel and Bavarian suerbraten; downstairs tavern has the atmosphere of a Bavarian-style beer hall. • 59 Banks St., New Milford, 860-799-5557 alpenhausct.com. Closed Mon. L (Fri.-Sun.), D, SB, \$\$, WA (restaurant)

Carole Peck's Good News Cafe • New American • EP

Chef Carole Peck offers original dishes like warm crab taco and chicken tagine. • 694 Main St. S., Woodbury, 203-266-GOOD good-news-cafe.com. Closed Tues. L D, \$\$

The Cookhouse • Barbecue • EP "Slo-smoked" baby-back ribs and pulled pork are the name of the game here. • 31 Danbury Road (Route 7), New Milford, 860-355-4111 thecookhouse.com. Open daily. L D, \$\$, WA

The Hopkins Inn • Austrian/American • EP A country inn with an Old World atmosphere known for wiener schnitzel, backhendl and fresh-caught trout. • 22 Hopkins Road, Warren, 860-868-7295. Closed Mon. B L (Tues.-Sat.) D, \$\$

Litchfield Saltwater Grille • Seafood Casual and fine dining with seafood, raw bar, meat, vegetarian and kids menu options. Happy hour is Mon.-Fri 4-6 p.m., and the lounge is open late Fri. & Sat. Outdoor patio and private dining available. • 26 Commons Drive, Route 202, Litchfield, 860-567-4900 litchfieldsaltwatergrille.org. Open daily. \$\$, E, WA

Mountainside Café • Farm to Table Modern rustic cafe offers up a fresh approach to American classics, such as the Country Burger and the Johnny Cash Skillet, in a warm and casual atmosphere. • 251 Route 7 South, Falls Village, 860-824-7876 mountainside.com/cafe. Open daily. B L D SB, \$\$, WA

The Restaurant at Winvian Farm • French • EP Chef Chris Eddy constantly changes the menu, using simple and seasonal ingredients accented with unusual and fresh findings. • 155 Alain White Road, Morris, 860-567-9600 winvian.com. Closed Mon.-Tues. L D, \$\$, WA

The White Hart • Farm to Table • EP High-quality cuisine made from an A-list of farm sources served in a rustic, recently remodeled historic country inn dating to 1805. • 15 Under Mountain Road, Salisbury, 860-435-0030 whitehartinn.com. Open daily. L D SB, \$\$, WA

The White Horse Country Pub • American • EP RC Serves American pub favorites like burgers, ribs and seafood bake, along with some English ones — shepherd's pie, fish-and-chips and bangers and mash. Outdoor dining in warmer months provides a delightful experience. • 258 New Milford Tpke., Washington, 860-868-1496 whitehorse-countrypub.com. Open daily. L D SB, \$\$, WA

Winvian • American • EP Simplicity and indulgence converge with fresh and spontaneous farm-to-table menus and an eclectic wine selection. Reservations are required. • 155 Alain White Road, Morris, 860-567-9600 winvian.com. Closed Tues. L (Sat.-Sun.), D (Wed.-Mon.), \$\$

Middlesex County

Angelico's Lake House • American Overlooking Lake Pocotopaug, Angelico's features great outside dining and a tiki hut. Try the spinach risotto, roast prime rib, stuffed salmon or lobster ravioli with sautéed shrimp. • 81 North Main St., East Hampton, 860-267-1276 angelicoslakehouse.com. Open daily. L D LS SB, \$\$, E, WA

Baci Grill • Modern Italian Try house specialties like grilled mango-and-chipotle pork loin, chicken sausage and broccoli rabe pasta, Guinness skirt steak and scallop risotto at this casual, trendy restaurant. • 134 Berlin Road, Cromwell, 860-613-2224 bacigrill.com. Open daily. L D LS, \$\$, E, WA

The Blue Oar • Seafood • EP Open seasonally with open-air dining and fresh-caught entrees. BYOB; cash only. • 16 Snyder Road, Haddam, 860-345-2994 blueoarct.wix.com. Open daily, Mother's Day weekend-Labor Day; Thurs.-Sun., Labor Day-end of Sept. L D, \$\$

Chester's Barbecue • Barbecue • EP RC Mouthwatering, slow-cooked barbecue is the name of the game here. Choose from BBQ favorites like smoked ribs, chicken, brisket and burnt ends. • 10 West Main St., Clinton, 860-669-6868 chestersbbq.com. Open daily. L D, \$\$

Cuckoo's Nest • Mexican • RC Housed in a 200-year-old barn, Cuckoo's Nest has been serving nachos, fajitas, Cajun shrimp and scallops for more than 35 years. • 1712 Post Road, Old Saybrook, 860-399-9060 cuckoosnest.biz. Open daily. L D SB, \$\$, E, WA

LIVE JAZZ ON
SUNDAYS, 5-8PM
STARTING JUNE 11

LITCHFIELD'S BEST OUTDOOR DINING



SALTWATER GRILLE

Litchfield Hills' Seafood Destination



Open 7 Days @ 4PM
Lunch Friday—Sunday @ 11:30AM
RSVP 860-567-4900

litchfieldsaltwatergrille.org facebook.com/litchfieldswg
26 Commons Drive (just off 202), Litchfield, CT 06759

Cheers!

Experts' Picks
best restaurants
CONNECTICUT MAGAZINE 2017

NOT FAR FROM WHERE YOU ARE

WILLIMANTIC BREWING COMPANY
967 MAIN STREET WILLIMANTIC, CT
860-423-6777 WILLIBREW.COM

| dining guide | middlesex county

Dattilo Fine Italian at Water's Edge Resort and Spa • Italian

Enjoy spectacular ocean views and Italian specialties like Veal Romano, Wild Mushroom Arancini and Lobster Ravioli. And join us for our award-winning Sunday Brunch! • 1525 Boston Post Road, Westbrook, 860-399-5901 watersedgeresortandspa.com. Open daily. B L D SB, \$\$\$, E

Eli Cannon's Tap Room • Beer Bar • EP The Connecticut innovator of the modern beer bar, Eli Cannon's has been pouring sought-after brews since long before it was a trendy business model. Food favorites here include the famous nachos, chicken wings (there's 20 custom sauces), the classic cannon burger and the blackened chicken wrap. • 695 Main St., Middletown, 860-347-3547 elicannons.com. Closed Mon. L (Fri.-Sun.) D LS, \$\$, WA

The Griswold Inn • American The beloved 1776 "Gris" features classic New England cuisine in the dining room, small plates and 50 wines by the glass in the wine bar, and a lively taproom. *Wine Spectator* Award of Excellence. • 36 Main St., Essex, 860-767-1776 griswoldinn.com. Open daily. L D SB, \$\$\$, E, WA

Iguanas Ranas Taqueria • Mexican • EP Affordable, fresh and authentic Mexican food served fresh and with home-style taste. • 484 Main St., Middletown, 860-346-8630 iguanasranastaqueriaact.com. Closed Sun. L D, \$

The L&E French and Good Elephant Bistro • French / Vietnamese • EP The reopened L&E French offers bistro favorites and modern interpretations of classic dishes. Meanwhile, the elephant in this room is flavor—and lots of it. From five-spice duck to sushi-grade tuna, this restaurant serves the salty, sour, bitter and sweet flavors of Vietnamese cuisine. • 59 Main St., Chester, 860-526-5301 goodelephantcafe.com. Open Wed-Sat. D, \$\$

La Foresta • Italian • RC This big and beautiful ristorante serves garden-fresh, ingredient-driven fine Northern Italian cuisine. It also has a VIP wine cellar and one of the state's best wine selections. • 163 Route 81, Killingworth, 860-663-1155 laforestatravel.com. Open daily. D, \$\$, WA

Lenny & Joe's Fish Tale • Seafood • EP This Connecticut institution serves all manner of fresh seafood, from hot lobster rolls to baked stuffed shrimp to fried whole-belly clams. • 36 Boston Post Road, Westbrook, 860-669-0767 lfishtale.com. Open daily. L D, \$\$, WA

Luce • American Have your aged steaks grilled over wood chips—there are 20 types to choose from. Offers seafood, an extensive wine list and a great bar atmosphere. • 98 Washington St., Middletown, 860-344-0222 luect.com. Open daily. L D LS, \$\$, WA

Luigi's • Italian Enjoy classic Italian favorites like seafood cannelloni, chicken leonardo, veal parmigiana, whole clams, prime rib and other dishes. • 1295 Boston Post Road, Old Saybrook, 860-388-9190 luigis-restaurant.com. Closed Mon. (except in July and Aug.). D, \$\$, WA

Mondo • Pizza • EP This casual, family-owned restaurant specializes in brick-oven, New York-style thin crust pizza. There is also a beer and wine bar. • 10 Main St., Middletown, 860-343-3300 mondomiddletown.com. Open daily L D, \$\$, WA

Puerto Vallarta • Mexican Authentic, traditional Mexican cuisine is prepared fresh daily—sometimes even at your table—mixing time-honored recipes with innovative culinary techniques. • 200 Main Metro Square, Middletown, 860-852-0080 puertovallartausa.com. Open daily. L D, \$\$

Celtic Tavern • Gastropub Middletown's first-ever gastropub, featuring 18 beers on tap and a dynamic menu designed to tempt every palate. • 45 Melilli Plaza, Middletown, 860-894-2954 www.celticcaavern.com/. Open daily. L, D, \$\$

| New Haven County |

116 Crown • American Tapas / Small Plates • EP Dine on sliders, pizzettes and charcuterie and cheese in a loungelike atmosphere—along with exciting and creative house cocktails. • 116 Crown St., New Haven, 203-777-3116 116crown.com. Closed Mon. D LS, \$\$, E, WA

Adriana's • Italian • EP Old-fashioned Italian fare, served up in generous portions. • 771 Grand Ave., New Haven, 203-865-6474 adrianasnewhaven.com. Open daily. L (Mon.-Fri.), D, LS (Fri.-Sat.), \$\$, WA

Archie Moore's Bar & Restaurant • American • EP Casual pub-style dining with burgers, nachos and salads. And don't miss the award-winning buffalo chicken wings. • 188½ Willow St., New Haven, 203-773-9870; 39 N. Main St., Wallingford, 203-265-7100; 15 Factory Lane, Milford, 203-876-5088; 17 Elizabeth St., Derby, 203-732-3255 archiemoores.com. Open daily. L D LS, \$

Baja's • Mexican • EP Casual, authentic Mexican food. • 63 Boston Post Road, Orange, 203-799-2252. Open daily. L D, \$\$, WA

Bin 100 • Mediterranean Feast on delicious Mediterranean cuisine elegantly served in a spacious dining room. • 100 Lansdale Ave., Milford, 203-882-1400 bin100restaurant.com. Open daily. D SB, \$\$, E, WA

Ceviche • Latin Fusion • EP Several styles of ceviche are offered here. In addition, the place features a variety of sizzling Latin dishes, cocktails and 30 types of tapas. Try the Granada Mojito, which features pomegranate flavors. • 530 Middlebury Road, Middlebury, 203-527-7634 cevichelatinakitchen.com. Closed Mon. L (Wed.-Thurs.) D LS, \$\$, WA

Chip's Family Restaurant • American • EP Famous for its perfect pancakes, Chip's also has a creative lunch and dinner menu, and guests are welcome to BYOB. • 321 Boston Post Road, Orange, 203-795-5065 chipstravelers.com. Open daily. B L D, \$

Consiglio's Restaurant • Classic Italian Family-owned and run for more than 70 years, Consiglio's is known for classic home-style favorites like homemade cavatelli and braciole, eggplant rollatini and lasagna. • 165 Wooster St., New Haven, 203-865-4489 consiglios.com. Open daily. L (Tues.-Fri., Sun.) D, \$\$

Coromandel Cuisine of India • Indian • EP Wide range of tasty Indian fare is served in a small, tastefully done space. • 185 Boston Post Road, Orange, 203-795-9055 coromandelcuisine.com. Open daily. L D SB, \$\$, WA

Dino's Seafood • Seafood This family-run favorite of local North Haven diners for more than four decades prides itself on serving high-quality seafood with the taste of love and joy in every order. Customer favorites include strip clams, fritters, lobster rolls, and top-split hot dogs accompanied with a local craft beer. • 540 Washington Ave., North Haven, 203-239-5548 dinosseafood.com. Closed Mon. L D, \$, WA

Donahue's Madison Beach Grille • Irish Pub • EP Casual shoreline dining serving up fresh seafood, homemade clam chowder and lobster bisque soups, premier salads and daily specials. Live music on the weekends. • 1320 Boston Post Road, Madison, 203-318-8362 donahuesmadisonbeachgrille.com. Closed Mon. L D, \$\$, E

Elm City Social • American • EP Features creative and upscale pub-friendly fare in a visually impressive setting. There is also an assortment of excellent cocktails offered. • 286 College St., New Haven, 475-441-7436 elmcitysocial.com. Open daily. L D, LS, \$\$, WA

Frank Pepe Pizzeria Napoletana • Pizza While world-famous white clam pizza is the standout, just about any pie here is worth the wait. • 157 Wooster St., New Haven, 203-865-5762 pepespizzeria.com. Open daily. L (Mon.-Fri.) D, \$, WA

Gerrimon Tequila Bar & Southwest Grill • Southwestern Fusion • EP Mix of traditional Native American, Mexican, Spanish and Anglo-American fare, with bold flavors and authentic ingredients. • 271 Crown St., New Haven, 203-777-7700 gerimonbarandgrill.com. Open daily. L (Mon.-Sat.) D, \$\$

Goodfellas Restaurant • Italian • EP RC The extensive menu is a veritable Best Hits of Italy, featuring pastas and gnocchi, pork chop Milanese, steak pizzaiola, veal saltimbocca and the chef's signature filet cognac. • 702 State St., New Haven, 203-785-8722 goodfellasrestaurant.com. Open daily. L D, \$\$, WA

Heirloom • Modern Continental • EP Seasonal Farm & Coastal menu draws its inspiration from the New England pantry with fresh ingredients sourced from regional heritage growers and artisan suppliers. Expansive international wine collection. • The Study at Yale, 1157 Chapel St., New Haven, 203-503-3919 heirloomnewhaven.com. Open daily. B L (Mon.-Sat.) D SB, \$\$, WA

Home • American Whether in the main "dining room" or the "living room" lounge, Home offers up locally sourced food and a wide selection of regional craft brews to make its guests feel comfortable and comforted. • 1114 Main St., Branford, 203-483-5896 homerenaurant.com. Closed Mon. L D, \$\$, E

L'Orcio • Contemporary Italian • EP This upscale contemporary restaurant features an outdoor patio and a menu of house-made pastas, grilled whole fish and steaks with seasonal cuisine. • 806 State St., New Haven, 203-777-6670 lorcio.com. Closed Mon. L (Fri.) D, \$\$

La Tavola Ristorante • Classic Italian Enjoy a twist on classic Italian cuisine with prosciutto-wrapped figs, pumpkin ravioli and pepper-encrusted Ahi tuna. • 702 Highland Ave., Waterbury, 203-755-2211 latavolaristorante.com. L D, \$\$, WA

Le Petit Café • French • EP Simple, fresh and elegant dining with the menu du jour in a cozy, unpretentious atmosphere. • 225 Montowese St., Branford, 203-483-9791 lepetitcafe.net. Closed Mon.-Tues. D, \$\$, WA

Mamoun's • Middle Eastern • EP Authentic Middle Eastern cuisine, made from scratch using fresh, natural ingredients, fine imported spices and signature recipes, served in a traditional environment. • 85 Howe St., New Haven, 203-562-8444 mamouns.com. Open daily. L D LS, \$, WA

Mikro Beer Bar • Gastropub • EP The unique menu includes the "French Revolution" flatbread, steamed mussels & frites, and shrimp & grits. The name (pronounced "micro") refers to the bar's intimate space and to the lineup of microbrews. • 3000 Whitney Ave., Hamden, 203-553-7676 mikrobeerbar.com. Open daily. D SB, \$\$, WA

Miya's • Sushi • EP Sushi restaurant like no other, thanks to chef Bun Lai's unique creations. • 68 Howe St., New Haven, 203-777-9760 miyassushi.com. Closed Sun.-Mon. L D, \$\$, WA

olea • Spanish • EP World-class, full-service Spanish restaurant, with a fun tapas bar. • 39 High St., New Haven, 203-780-8925 oleanewhaven.com. Closed Sun. D, \$\$, WA

Park Central Tavern • American The dynamic weekly menu showcases signature entrées and classic favorites made with fresh New England ingredients. • 1640 Whitney Ave., Hamden, 203-287-8887 parkcentraltavern.com. Open daily. L D, \$, WA

Ristorante Luce • Classic Italian Enjoy the double-cut veal scallops, pane cotto, risotto pescatore and daily fish specials. Extensive wine list. • 2987 Whitney Ave., Hamden, 203-407-8000 ristoranteluce.net. Open daily. L (Mon.-Fri.) D, \$\$

Señor Pancho's • Mexican Festive spot serving up terrific fresh salsa and margaritas to go with mole poblano, steak ranchero and fajitas. • 280 Cheshire Road, Prospect, 203-758-7788; 385 Main St. S., Southbury, 203-262-6988 senorpanchos.com. Open daily. L D SB, \$, E, WA

Shell & Bones Oyster Bar & Grill • Seafood • EP This waterside restaurant features the celebrated creations of executive chef Arturo Franco-Camacho whose specialties include steak and seafood. • 100 South Water St., New Haven, 203-787-3466 shellandbones.com. Open daily. D L (Sat.-Sun.), \$\$

Stowe's • Seafood • EP This classic seafood shack has a simple menu of fresh fish, fried New England style, plus perfect lobster rolls, all served in paper boats. • 347 Beach St., West Haven, 203-934-1991 stowesseafood.com. Open daily. L D, \$\$

Thali / Thali Too • Indian • EP Each location is chic, exotic and fun, but what ultimately distinguishes them is the flavorful food. • 4 Orange St., New Haven, 203-777-1177; 65 Broadway, New Haven, 203-776-1600 thali.com. Open daily. L, D, LS (Fri.-Sat.), SB, \$\$

Viron Rando's Osteria • Italian • EP The seasonal menu includes well-known and loved Italian classics as well as new dishes, using local, sustainable and organic ingredients. • 1721 Highland Ave, Cheshire, 203-439-2727 vironrandoosteria.com. Open daily. L D LS, \$\$

| New London County |

Abbott's Lobster in the Rough • Seafood This seasonal destination offers steamers, stuffed clams, clam chowder and more along with a spectacular view of the Mystic River. • 117 Pearl St., Groton, 860-536-7719 abbottslobster.com. Open daily through Labor Day. L D, \$\$, WA

Bleu Squid • American A bakery and cheese shop serving 30 cheeses and 40 different cupcakes. Also serves up grilled cheese sandwiches to go, freshly made and to order, including the best-selling lobster grilled cheese. • 27 Coogan Blvd., Mystic, 860-536-6343 dessertsmyct.com. Open daily. L, D, WA

The Captain Daniel Packer Inn • American This 1754 whaler's inn features a view of the Mystic River along with dishes like lemon pepper chicken, filet mignon and salmon. • 32 Water St., Mystic, 860-536-3555 danielpacker.com. Open daily. L D, \$\$, WA

David Burke Prime • American • EP An updated steakhouse menu with dry-aged beef, as well as terrific pork, chicken and seafood specialties. The steak served here is truly a cut above. • Foxwoods Resort Casino, Mashantucket, 860-312-8753 davidburke-prime.com. Open daily. L D SB, \$\$, WA

Engine Room • American • EP The focus is on "beer, burgers and bourbon," within the walls of a historic refurbished marine engine building with views of the Mystic River. • 14 Holmes St., Mystic, 860-415-8117 engineeroomct.com. Open daily. L D SB, \$\$, WA

Flanders Fish Market & Restaurant • Seafood • RC Flanders excels at lobster bisque, fish-and-chips and broiled seafood. Known for its bountiful Sunday buffet, fresh seafood market and New England clam bakes. • 22 Chesterfield Road, East Lyme, 860-739-8866 flandersfish.com. Open daily. L D SB, \$\$, WA

Frank Pepe Pizzeria Napoletana • Pizza While world-famous white clam pizza is the standout, any pie here is worth the wait. • Mohegan Sun, Uncasville, 860-862-8888 pepespizzeria.com. Open daily. L (Mon.-Fri.) D, \$, WA

Kensington's at Norwich Inn • American A first-class restaurant serving gourmet food with an emphasis on natural meats, fresh, locally sourced produce and healthy preparations. • 607 West Thames St., Norwich, 860-425-3630 thespaatnorwichinn.com/kensingtons. Open daily. B L D SB, \$\$, E, WA

The Old Lyme Inn • American The Inn's restaurant and bar features a locally sourced menu with a modern twist on traditional dishes. • 85 Lyme St., Old Lyme, 860-434-2600 oldlymeinn.com. Open daily. L D, \$\$, WA

Red 36 • American • EP It's all about the sea at this waterside hotspot that offers delicious dinner with a great view. • 2 Washington St., Mystic, 860-536-3604 red36ct.com. Closed Mon. L D, \$\$

Rise, Mystic • American • EP Breakfast spot in a homey and comfortable atmosphere, offering both standard breakfast fare and some unique twists. Lunch is also available. • 10 Water St., Mystic, 860-415-9519 risemysticct.com. Closed Tues. B, L, SB, \$, WA

Tolland County

Bindwell Tavern & Cafe • American • EP This 1822 Coventry tavern, once the town hall, offers prime rib, chicken wings and 24 beers on tap. • 1260 Main St. (Route 31), Coventry, 860-742-6978. Open daily. L D LS, \$\$, E, WA

The Blue Oak at the Nathan Hale Inn • American On the UConn campus, enjoy honest New England-style dishes and lighter fare. Great wine selection. • 855 Bolton Road, Storrs, 860-427-7888 nathanhaleinn.com. Open daily. B L D, \$\$

Lake View • Seafood / Italian • EP Fresh seafood, Italian dishes, paninis, salads, burgers and wings are served in a casual, romantic waterside setting. • 50 Lake St., Coventry, 860-498-0500 coventrylakeview.com. Open daily. L D, \$\$, E, WA

Rein's New York Style Deli-Restaurant • American • EP Bright and bustling Jewish deli serving everything from challah French toast and potato pancakes to pastrami reubens and cheese blintzes. • 435 Hartford Tpke., Vernon, 860-875-1344 reinsdeli.com. Open daily. B L D LS SB, \$, WA

True Blue Tavern at the Nathan Hale Inn • American Great casual dining in a fun atmosphere celebrating the spirit of UConn athletics. • 855 Bolton Road, Storrs, 860-427-7888 nathanhaleinn.com. Open daily. D, \$, WA

Windham County

The Courthouse Bar & Grille • American Serves 20 great appetizers, plus "arresting" main courses such as seafood Alfredo and Montreal sirloin. • 121 Main St., Putnam, 860-963-0074 courthousebarandgrille.com. Open daily. L D LS (weekends), \$, WA

Hank's Restaurant • American A family place serving home-style chowders, lobster salad rolls and prime rib. • 416 Providence Road, Brooklyn, 860-774-6071 hanksrestaurant.com. Open daily. L D, \$\$

The Heirloom Food Company • Vegan • EP RC Organic cafe & juice bar offering locally sourced, organic ingredients. • 630 N. Main Street, Danielson, 860-779-3373 eatheirloomfood.com. Closed Sun.-Mon. B L, \$

The Inn at Woodstock Hill • American The menu at this historic estate includes shrimp-and-sea-scallop stir-fry and duckling à l'orange. • 94 Plain Hill Road, Woodstock, 860-928-0528 woodstockhill.com. Open daily. L (Thurs.-Sat.) D SB, \$\$, WA

The Mansion at Bald Hill • American The pan-seared diver scallops with jumbo shrimp is tops, and don't skip the lobster mac 'n' cheese. • 29 Plain Road, South Woodstock, 860-974-3456 mansionatbaldhill.com. Closed Mon. D, \$\$, WA

Willimantic Brewing Co. / Main Street Café • Brew Pub • EP This pioneering brewery is located within a historic U.S. Post Office building. Beers are brewed in full view of diners. Try the ale-steamed mussels. Other Connecticut craft beers available. • 967 Main St., Willimantic, 860-423-6777 willibrew.com. Open daily. L (Tues.-Sun.) D, \$\$, WA

J. Timothy's Taverne • Gastropub • EP This historic pub offers up casual fare such as the famous "dirt wings," prime rib, chicken pot pie, tater tot poutine and French onion soup. • 143 New Britain Ave., Plainville, 860-747-6813 jtimoths.com. Open daily. L, D, LS, \$\$, WA



china and crystal repair

BREAK IT, CHIP IT, CRACK IT—We can restore it. China and crystal restoration. Call us at our Cheshire, CT location 203-271-3659 or visit us online at www.chinaandcrystalrepair.com



furniture restoration

FURNITURE REPAIR & RESTORATION.

Chairs Re-Caned, Re-Rushed, Re-Upholstered, Re-Glued. Complete Wicker/Rattan Repairs & Restorations. All furniture professionally Stripped, Refinished, Restored & Repaired. Expert furniture decorating and painting. 90 years in business. H.H. PERKINS Company. Call (203) 787-1123 370 State Street, North Haven, CT 06473 www.hhperkins.com

sound proofing

STOP STREET NOISE with custom glass interior storm windows, residential and commercial. Innerglass Window Systems (860) 651-3951 www.stormwindows.com

t-shirt quilts

WHAT'S YOUR PASSION? Do you have a drawer full of memories? We make warm and cozy T-Shirt Quilts! www.christianlanequilters.com

**BUY IT...
SELL IT...
FIND IT...**

in CONNECTICUT
Magazine's
Marketplace
Classifieds



MARKETPLACE ADVERTISING

RATES: \$2.75 per word, 15 word minimum. All hyphenated words and phone numbers count as two words. Black and white display advertisements begin at \$175 per inch; color display ads begin at \$200 per inch.

FREQUENCY DISCOUNTS

- 12 months = 20% discount
- 6 months = 15% discount
- 3 months = 10% discount

PAYMENTS: All advertisements are sold on a prepayment basis. Acceptable forms of payment are: Check, Money Order, Visa, MasterCard and American Express.

DEADLINES: Materials should be received by the 25th of the second month preceding the issue (for example, June 25 for August).

ADDRESS CORRESPONDENCE:

Joe Hiznay
CONNECTICUT Magazine
100 Gando Drive, New Haven, CT 06513
Phone: 203-401-1572
Email: jhiznay@adtaxis.com

historic window solutions



10 Minute Install / 10 Seconds In / 10 Seconds Out
Innerglass® Window Systems, LLC
The Compression-Fit Advantage
stormwindows.com • 800.743.6207

YOU'RE INVITED

StanleyBlack&Decker

175th

ANNIVERSARY GALA

CELEBRATING THE TOOLS THAT BUILT AMERICA

FRIDAY | JUNE 16 | 2017 | HARTFORD MARRIOTT DOWNTOWN

Get your tickets at cpbn.org/stanley
cptv

What's On!

CONNECTICUT PUBLIC BROADCASTING NETWORK

06.2017

CPTV | WNPR | CPBN.ORG

#SharingCT

FOLLOW. SHARE. ENJOY!

Short videos... Big stories.

Share the unique sounds, sights, spirit, and flavors of Connecticut.

cptv



cptv.org/sharingct





PRESIDENT'S MESSAGE

Everyone loves a celebration, and at the Connecticut Public Broadcasting Network (CPBN) – home of Connecticut Public Television (CPTV) and Connecticut Public Radio (WNPR) – we are no different. We especially love to celebrate the people and institutions that make Connecticut such a wonderful, unique place to live.

On Thursday, June 1 at 6 p.m., we will host our First Annual Women's Leadership Celebration and Scholarship Award Presentation. The event, held at the Hartford Marriott Downtown, will feature a preview screening of *Carla's Pasta: An American Success Story*. The film tells the inspiring story of Carla Squatrito, who was born in Italy and who, as a young girl, fell in love with the art of pasta. In 1968, she moved to the U.S., where she started a business that would go on to become one of the largest filled pasta companies in the world. That company, Carla's Pasta, is based here in Connecticut! The June 1 event will celebrate Carla's life, accomplishments, and pioneering spirit. For more information on the event, visit cpbn.org/carlaspastacelebration. *Carla's Pasta* will make its CPTV debut on Thursday, June 22 at 8:30 p.m.

Another celebration will take place on Friday, June 16 at 6 p.m., as CPBN proudly presents Stanley Black & Decker's 175th Anniversary Gala. For 175 years, the Connecticut-based company Stanley Black & Decker has delivered tools and solutions that industrial companies, professionals, and consumers count on. Their anniversary will be honored with this special evening at the Hartford Marriott. For more information and to purchase tickets, visit cpbn.org/stanley.

Finally, we are celebrating an exciting announcement: the nominations for the 40th Boston/New England Emmy Awards were recently announced, and CPTV productions have received eight nominations! Programs honored include *Communities in Crisis: Battling Connecticut's Heroin Epidemic*, *A CPTV Town Hall*; *The Cobblestone Corridor*, the interstitial series *Sharing Connecticut*, *Amplify*, and *Ethan's Music Room*; and more. The winners will be announced at the awards ceremony on Saturday, June 24.

Of course, there would be nothing to celebrate without our members, whose support makes it all possible. We thank you!

Jerry Franklin
President and CEO, Connecticut Public Broadcasting Network

cpbn CONNECTICUT PUBLIC BROADCASTING NETWORK
cptv | wnpr

"What's On!"

is published monthly as a supplement in Connecticut Magazine by Connecticut Public Broadcasting Network, 1049 Asylum Avenue, Hartford, CT 06105. Connecticut Magazine, 100 Gano Drive, New Haven, CT 06513, is published monthly by Digital First Media, Lower Makefield Corporate Center, 790 Township Line Road, 3rd Floor, Yardley, PA 19067. Editorial content for "What's On!", the 16-page program guide devoted to CPTV and WNPR, is determined by Connecticut Public Broadcasting Network (CPBN), a nonprofit corporation chartered by the state of Connecticut.

TRUSTEES:

Jeffrey S. Hoffman/Chair, Tom Barnes/Vice Chair, Gregory Butler/Vice Chair, Joyce Ahrens, Tim Bannon, Edith Bjornson (emerita), Robert Blocker, Francisco L. Borges, Paul Bucha, Christopher Campbell, Gayle Capozzalo, Arnold Chase, Daniel Crown, Christopher Dadlez, Arthur Diedrick, Maryam Elahi, Jeffrey Flaks, Jerry Franklin (ex officio), Peter G. Kelly, Thea Montanez, George Norfleet, Michael Parker, Michael Price, Eugene M. Salorio, Laura Lee Simon (emerita), John Soto, E. Roger Williams, Jay Youngling, Michael ZebARTH

COMMUNITY ADVISORY BOARD:

Radha Radhakrishnan/Chair, Elaine Elisabeth Barrie, Eric Bennett, Tanya Shriver Castiglione, Linda Cavanaugh, Rocio Chang, Angie Chatman, Tarah S. Cherry, Trillon Dukes, Aaron Frankel, Henry Link, Mary Katherine Long, Francis Peters, Kay Rahardjo, Natasha Samuels, Meher Shulman, Kerrie Sullivan, Maisa Tisdale, Steven H. Werlin

MEMBERSHIP AND PROGRAM INFORMATION:

Call: 860.275.7550
E-mail: audiencecare@cptv.org

Membership starts at \$40 per year.

EDITORIAL STAFF:

Editor: Lauren Rosenthal
Senior Art Director: Todd Gray
Contributor: Emily Caswell



Take a behind-the-scenes look at the making of a Double-A baseball team on a year-long do-over.

WNPR tells the story of the Hartford Yard Goats' second season - their first season in a new city, their first season in a new ballpark, and their first season playing home games.

Listen at wnpr.org/secondfirst.

wnpr



HIGHLIGHTS



My Mother and Other Strangers on Masterpiece

Sunday, June 18 at 8 p.m. on CPTV

Set in rural Northern Ireland during World War II, this drama follows the fortunes of the Coyne family as the US Army Air Corps sets up a base next to their town. Hattie Morahan (*Sense and Sensibility*) and Aaron Staton (*Mad Men*) star as a village teacher and U.S. Air Force Officer whose chance meeting leads to a friendship that blossoms into something deeper.



Great Yellowstone Thaw Wednesdays at 9 p.m. beginning June 21 on CPTV

Journey with Kirk Johnson to Yellowstone, where wolves, grizzlies, beavers, and Great Gray owls survive one of the greatest seasonal changes on the planet. As the temperature swings 140 degrees, cameras capture how the animals cope.



Ken Burns: America's Storyteller

Sunday, June 4 at 10 p.m., Friday, June 9 at 9:30 p.m., and Tuesday, June 13 at 9:30 p.m. on CPTV

Join Tom Hanks, Meryl Streep, George Lucas, and more for a tribute to the acclaimed filmmaker, whose four-decade career has resulted in some of the most celebrated documentaries ever made. Audiences will also receive an exclusive look at *The Vietnam War*, a new 10-part film directed by Burns, premiering this fall.

A Conversation with Bill Moyers

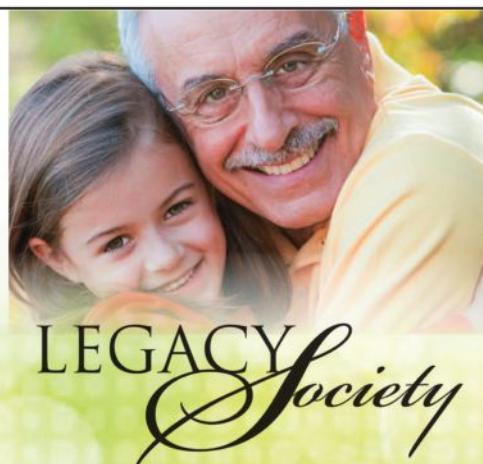
Friday, June 9 at 8 p.m. on CPTV

Join the award-winning journalist, political commentator, and author as he reflects on his life and storied career. Featuring a candid interview by retired Minneapolis journalist and news anchor Don Shelby, topics include Moyers' time as White House press secretary for President Johnson as well as his position as a network news reporter.



THE FUTURE OF PUBLIC MEDIA

cptv wnpr



All planned gifts are added to CPBN's Endowment Fund unless otherwise specified.

We invite you

to be part of the dynamic future of public media in Connecticut.

Over the past 50 years, CPTV and WNPR programming has evolved, and you've been there with us every step of the way. Whether you're looking to preserve our traditional programming or make a difference in shaping the future of public media, your planned gift of any size will help us meet new challenges and create innovative programming.

For more information, contact Lisa Wrubleski
Manager, Leadership & Planned Giving
860-275-7250
or lwrubleski@cpbn.org
or visit cpbn.org/plannedgiving

cptv presents short videos, big stories with

SHARING CONNECTICUT



"THIS LIFE CALLS TO ME"

This summer, CPTV is celebrating the Nutmeg State with the premiere of *Sharing Connecticut*, a series of original video short stories airing on television and online. Crafted in an easily sharable format, these short "films" highlight the unique people and places that contribute to the pulse and spirit of Connecticut.

Connecticut Public Broadcasting spoke with Heather Fay Dawson, Executive Producer of *Sharing Connecticut*, to find out how the series originated, what she learned from this experience, and why some stories are so important to share.

Q: What was the inspiration behind *Sharing Connecticut*? What makes this series unique?

Dawson: The inspiration for *Sharing Connecticut* came from simply being out in the community and seeing the incredible things happening in our state. As a local musician myself, I've been in awe of the incredible music coming out of Connecticut for years, and I wanted



"OFF THE MENU"

to be a cheerleader for local artists to help amplify their songs and stories. Once the concept for "Amplify" came to life, a floodgate of ideas opened for other local stories we could tell – Connecticut breweries, restaurants, farms, and youth sports.

I love getting to work with a group of unbelievably talented colleagues at CPTV in order to bring this series to life! We are constantly learning from each other and pushing each other, which is really motivating. We were also able to build on some short filmmaking experiments that our colleagues in the CPBN Learning Lab had been creating too. The stories are out there, and the options are endless.

WHAT MAKES THIS SERIES UNIQUE IS THAT ALTHOUGH EACH EPISODE IS ONLY THREE MINUTES LONG, WE ARE APPROACHING EACH OF THEM AS MINI FEATURE FILMS. THESE ARE SMALL BUT MIGHTY FILMS!



"FIVE TO NINE"

► ON FACEBOOK

► ON INSTAGRAM

► ON LINE

► ON TELEVISION

Kerri Powers performs at the Comstock Bride in Colchester.



IT'S ABOUT US

Q: What did you discover about Connecticut and the people who live here that you didn't realize before working on this project?

Dawson: In the process of working on *Sharing Connecticut*, we've discovered that there is an incredible pride that people from Connecticut have in their home state. There is an underlying sense of community here that really comes to light when you're out in the neighborhoods and workspaces. Throughout these communities there is camarade-

rie and a healthy competition that drives local makers, artists, and business owners to excel at their craft. These are people wanting to elevate each other, and I love being able to shine a spotlight on them.

Q: What do you hope viewers get out of watching these short stories?

Dawson: I hope viewers are inspired to get out in the community - go listen to live local music, drink locally made beer, support local restaurants, and makers. Connecticut is a pretty cool place to be!



"HOW TO PLAY"

For more information about ***Sharing Connecticut*** and to watch all episodes of the series, please visit cptv.org/sharingct.



"AMPLIFY"



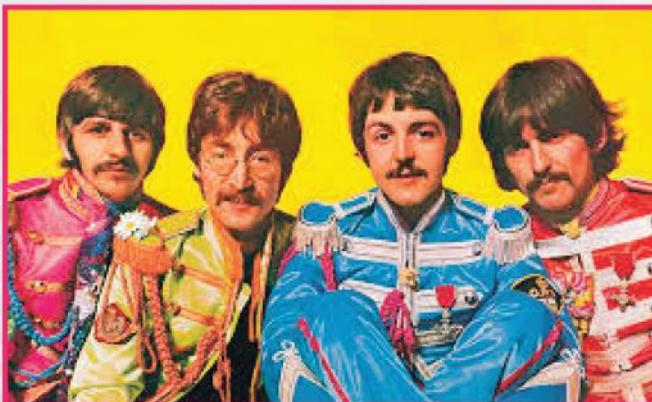
"ON TAP"

“THERE IS AN UNDERLYING SENSE OF COMMUNITY HERE THAT REALLY COMES TO LIGHT WHEN YOU'RE OUT IN THE NEIGHBORHOODS AND WORKSPACES.”

Prime Time | June 1-6

- CPTV Original, CPTV National Production or Presentation, or CPTV Co-production indicated in blue font.
- Program or episode premiere indicated by a . Live broadcasts indicated by a .
- Asterisk indicates that show begins prior to 8 p.m.; two asterisks indicate that show ends after 12 a.m. Visit CPTV.org/schedule for exact start and end times.
- This schedule is accurate as of press time; visit CPTV.org/schedule for the most up-to-date program schedule.

THU 1	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Prince Philip: The Plot to Make a King Explore the prince's upbringing and tensions inside his marriage.		Father Brown - The Brewer's Daughter/The Hangman's Demise Sid falls for an heiress who becomes a murder suspect; then, a former hangman is killed.		Secrets of Henry VIII's Palace Explore one of the most unique places in the world: Hampton Court.			This Old House
CPTV4U	Yanks Fight the Kaiser: A National Guard Division in WWI		The Great War, Part 2: American Experience Follow America's entry into the war as patriotism sweeps the U.S., stifling free speech and dissent.		Charlie Rose			
FRI 2	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Midsomer Murders - Down Among the Dead, Part 2 Black-mail, revenge, and murder strike.		Death in Paradise - The Secret of the Flame Tree Florence's former schoolmate is found dead.		The 76th Annual Peabody Awards The most powerful and invigorating stories in television, radio, and digital media are honored.			Sun Studio Sessions
CPTV4U	NOVA - Troubled Waters Explore the water crisis in Flint, Michigan.		Water Works: Bringing Pure, Clean Water to Connecticut		Water Life Cycle: Cleaning Waste Water for the Future		Charlie Rose	
SAT 3	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Sergeant Pepper's Musical Revolution Celebrate the 50th anniversary of the groundbreaking Beatles album.		Journey in Concert: Houston 1981 Journey performs "Don't Stop Believin," "Wheel in the Sky," and more rock hits in this 1981 concert.				Joe Bonamassa: Live at Carnegie Hall - An Acoustic Evening** Bonamassa and guests perform.	
CPTV4U	The Widower - Parts 1, 2 & 3 Malcolm Webster is a nurse by profession and, on the surface, a perfect gentleman. Behind the facade, he marries, and then attempts to kill, a succession of women. Will he be stopped?				Secrets of Selfridges Explore the legendary department store.			
SUN 4	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Celtic Thunder: Legacy* (Start: 6:30 p.m.)	Weddings of Downton Abbey Join Hugh Bonneville ("Robert Crawley") for a bridal bouquet of favorite "I do" moments from the series.			Ken Burns: America's Storyteller Join Tom Hanks, Meryl Streep, Yo-Yo Ma, Henry Louis Gates, Jr., and more for a tribute to the acclaimed filmmaker.		BrainFit: 50 Ways to Grow Your Brain...**	
CPTV4U	Woodsongs - John McEuen/Bill & the Belles	Austin City Limits - Alabama Shakes/Vintage Trouble		Front & Center - Kaleo		Live from the Artists Den - Marina & the Diamonds		
MON 5	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	This Land Is Your Land (My Music) The evolution of American folk music is explored. The Smothers Brothers and Judy Collins host.		Forever Painless with Miranda Esmonde-White A groundbreaking and eye-opening education on chronic pain and its causes is presented.				'60s Generation (My Music)** This special showcases essential '60s folk-rock, R&B, and pop songs.	
CPTV4U	Nature - Saving Otter 501 Follow an attempt to help an orphaned otter.	Nature - Jungle Animal Hospital Vets care for endangered animals.		Saving Sea Turtles: Preventing Extinction		Charlie Rose		
TUE 6	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Ken Burns: America's Storyteller (See CPTV, June 4 at 10 p.m.)			JFK: The Lost Inaugural Gala Frank Sinatra, Ethel Merman, Nat King Cole, and more perform at a presidential gala event from 1961.			You Are the Universe with Deepak...**	
CPTV4U	Father Brown - The Brewer's... (See CPTV, June 1 at 9 p.m.)	Downton Abbey, Season 2 on Masterpiece - Part 6		Secrets of Althorp: The Spencers Tour the Spencer family's manor.		Charlie Rose		



Sgt. Pepper's Musical Revolution

Saturday, June 3 at 8 p.m., Wednesday, June 7 at 9:30 p.m., and Wednesday, June 14 at 8 p.m. on CPTV

On its 50th anniversary, take a look back at the creation and ongoing influence of the classic album *Sgt. Pepper's Lonely Hearts Club Band*, released by The Beatles in 1967. Featuring rare photographs and footage, the film reveals the nuts and bolts of how the album came together and provides insights into the choices made by the band.

Prime Time | June 7-12

WED 7	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Roy Orbison: Black and White Night 30	The 30th anniversary of the legendary concert is celebrated by Bruce Springsteen, Elvis Costello, and other guests.		Sergeant Pepper's Musical Revolution (See CPTV, June 3 at 8 p.m.)			Forever Painless with Miranda Esmonde-White** (See CPTV, June 5 at 9:30 p.m.)	
CPTV4U	Antiques Roadshow - Boston, Part 1		Antiques Roadshow - Boston, Part 2		Antiques Roadshow - Boston, Part 3		Charlie Rose	
THU 8	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Sergeant Pepper's Musical Revolution (See CPTV, June 3 at 8 p.m.)			BrainFit: 50 Ways to Grow Your Brain with Dr. Daniel Amen, M.D., and Tana Amen, R.N. Dr. Daniel Amen and Tana Amen share their best secrets to ignite your energy and focus at any age.			Suze Orman: Women and Money**	
CPTV4U	History Detectives	An instrument may be from the Hindenburg crash.	The Great War, Part 3: American Experience	Discover how the violent conflict transformed the nation forever, as America enters WWI.			Charlie Rose	
FRI 9	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	A Conversation with Bill Moyers	Journalist, political commentator, and author Bill Moyers reflects on his life and storied career.		Ken Burns: America's Storyteller (See CPTV, June 4 at 10 p.m.)			On the Psychiatrist's Couch with...**	
CPTV4U	NOVA - Creatures of Light	Why do many ocean creatures light up?	Operation Maneater - Crocodile	Nature - Fabulous Frogs	Explore the weird, wonderful world of frogs.		Charlie Rose	
SAT 10	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Johnny Mathis: Wonderful, Wonderful!*	(Start: 7:30 p.m.) Popular recording star Johnny Mathis celebrates his career with a hit-filled concert.		'70s Soul Superstars (My Music)	Patti LaBelle hosts an all-star reunion of the legends of 1970s Motown, R&B, and soul. Featured artists include Heatwave, the Stylistics, the Commodores, and more!			
CPTV4U	The Guilty - Parts 1, 2 & 3	DCI Maggie Brand leads a new investigation into the five-year-old case of a boy's disappearance. Driven by her obsession to discover what happened, she risks her own happy family life.			Secrets of Althorp: The Spencers (See CPTV4U, June 6 at 10 p.m.)			
SUN 11	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Joe Bonamassa: Live at Carnegie Hall - An Acoustic Evening (See CPTV, June 3 at 11 p.m.)			Hamilton's America	The creation of pop-culture Broadway phenomenon Hamilton and the history behind it are explored.		Sergeant Pepper's Musical...**	
CPTV4U	Woodsongs - Celebration of Michael Hedges with Andy... 		Austin City Limits - Leon Bridges/ Nathaniel Rateliff & the Night...	Front & Center - Dawes		Infinity Hall Live - Dawes		
MON 12	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Ed Sullivan's Rock & Roll Classics: The '60s (My Music)	Performances from the Beatles, the Doors, the Rolling Stones, and more are showcased.			JFK: The Lost Inaugural Gala (See CPTV, June 6 at 10 p.m.)		Suze Orman's Financial...**	
CPTV4U	Audubon 	John James Audubon left a legacy of art and science.	Coastal Dune Lakes: Jewels of Florida's Emerald Coast		Forgotten Coast 	Three friends enter the American wilderness.	Charlie Rose	



Real Boy

An Indie Lens Pop-Up Series Presentation

Tuesday, June 6 at 7 p.m. | 63 High St. New Haven, CT.

★ FREE SCREENING AND DISCUSSION ★

Meet Bennett, a transgender teen on a journey to find his voice as a musician, a son, and a man.

Find additional details at cptv.org.

Sponsored by CPTV, Independent Lens, and the Yale Film Student Center



Prime Time | June 13-18

TUE 13	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Forever Painless with Miranda Esmonde-White (See CPTV, June 5 at 9:30 p.m.)			Ken Burns: America's Storyteller (See CPTV, June 4 at 10 p.m.)				Forever Painless with Miranda...**
CPTV4U	Father Brown - The Hangman's...		(See CPTV, June 1 at 9 p.m.)	Downton Abbey, Season 2 on Masterpiece - Part 7 In the Season 2 finale, the family gathers at Downton Abbey for Christmas.			Charlie Rose	
WED 14	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Sergeant Pepper's Musical Revolution (See CPTV, June 3 at 8 p.m.)			Roy Orbison: Black and White Night 30 (See CPTV, June 7 at 8 p.m.)			'60s Generation (My Music)** (See CPTV, June 5 at 11 p.m.)	
CPTV4U	Antiques Roadshow - Myrtle Beach, Part 1		Antiques Roadshow - Myrtle Beach, Part 2		What's My Car Worth?	What's My Car Worth?	Charlie Rose	
THU 15	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Weekends with Yankee - Icons of New England	The Carpenters: Close to You (My Music) The band's career is traced. Songs like "They Long to Be Close to You" and "Top of the World" are featured.			BrainFit: 50 Ways to Grow Your Brain with Dr. Daniel Amen, M.D., and Tana Amen, R.N. (See CPTV, June 8 at 9:30 p.m.)			
CPTV4U	Frontline - American Patriot		Oklahoma City: American Experience The rise of the extremist militia movement and the deadly 1995 Oklahoma City bombing are examined.			Charlie Rose		
FRI 16	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Midsomer Murders - 4 Funerals and a Wedding, Parts 1 & 2 A 90-year-old battle of the sexes comes to a head in Broughton, with casualties on both sides.				Ken Burns: America's Storyteller (See CPTV, June 4 at 10 p.m.)			
CPTV4U	NOVA - Why Sharks Attack Great whites' hunting instincts are explored.		Operation Maneater - Great White Shark		Mysteries of the Coral Canyon How are sharks and reefs linked?		Charlie Rose	
SAT 17	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Viewers' Favorites Sit back and relax with a specially selected lineup of CPTV's most popular specials. From toe-tapping concerts to educational how-to concerts, CPTV has it all!							
CPTV4U	Masterpiece Mystery! - The Escape Artist, Parts 1 & 2 David Tenant stars as a defense lawyer who finds his happy family life threatened when he takes the case of an unsavory suspect accused of a torture killing.						Tunnel: Sabotage - Part 1  A French couple is abducted.	
SUN 18	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	My Mother & Other Strangers on Masterpiece - Part 1  Discover how Rose met Captain Dreyfuss.		Grantchester, Season 3 on Masterpiece - Part 1  Geordie is horrified when a would-be groom is found dead with wedding rings lodged in his mouth.			PBS Previews: The Vietnam War	Secrets of Her Majesty's Secret Service The veil on the shadowy world of spying is lifted.	
CPTV4U	Woodsongs - Bobby Rush and Dallahan 		Austin City Limits - James Bay/ Rhiannon Giddens		Infinity Hall Live - Rhiannon Giddens		Live from the Artists Den - Zac Brown Band	



Prime Time | June 19-24

MON 19	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Antiques Roadshow - Vintage Albuquerque  This special features great finds from New Mexico.	Antiques Roadshow - Vintage Los Angeles Disney animation art is among newly appraised items.	Building a Great Life The notion of closing state institutions for people with disabilities is explored.	Independent Lens - Real Boy  Meet Bennett, a transgender teen with dreams of musical stardom.				
CPTV4U	Nature - Natural Born Hustlers: Staying Alive	Nature - Natural Born Hustlers: The Hunger Hustle	Nature - Natural Born Hustlers: Sex, Lies & Dirty Tricks	Charlie Rose				
TUE 20	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	The Story of China - Part 1: Ancestors/Silk Roads & China Ships  Michael Wood explores China's early history and visits a festival devoted to ancient gods.	Unlearning: Breaking Bias, Building...	Frontline PBS' premier public affairs series presents an incisive documentary.	Charlie Rose: The Week				
CPTV4U	Father Brown - The Crackpot of... (See CPTV, June 22 at 9:30 p.m.)	Downton Abbey, Season 3 on Masterpiece - Part 1 Wedding guests descend on Downton, where disasters threaten the festivities.	Charlie Rose					
WED 21	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Big Pacific - Part 1  Dive into the Pacific and see its creatures in a way never before seen on TV.	Great Yellowstone Thaw - Part 1  Wildlife must find strategies to survive brutal Yellowstone winters.	NOVA - Making North America: Origins Forces of almost unimaginable power created the continent.	Antiques Roadshow - Vintage Albuquerque (See CPTV, June 19 at 8 p.m.)				
CPTV4U	Antiques Roadshow - Vintage Albuquerque	Downee Ocean, Hon!  The rich history of Ocean City is explored.	Program About Unusual Buildings & Other Roadside Stuff	Charlie Rose				
THU 22	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Weekends with Yankee - Back to the Land	Carla's Pasta: An American Success Story  Meet an inspirational woman who started a business.	Father Brown - The Crackpot of the Empire/The Daughter of Autolycus (Start: 9:15 p.m.) In back-to-back episodes, Father Brown gets involved in a comedian's revenge; then, he must help steal a gift for the queen.	This Old House				
CPTV4U	Frontline - Growing Up Trans	Follow the struggles and choices facing transgender kids and their parents.	Facing Fear 	POV - Out in the Night A group of lesbians face an uphill court battle.	Charlie Rose			
FRI 23	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Midsomer Murders - Country Matters, Part 1  An environmental supervisor is murdered.	Death in Paradise - The Impossible Murder  A romantic trip is disrupted by a hotel owner's death.	Infinity Hall Live - Covered Wilson Phillips, Joan Osborne, and others cover beloved songs.	Bluegrass Underground	Sun Studio Sessions			
CPTV4U	Wild Weather	Experiments help illustrate how weather works.	Flood of '55 Hurricanes Connie and Diane wreaked havoc in 1955.	When Disaster Struck Connecticut	Charlie Rose			
SAT 24	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Royal Cousins at War - Parts 1 & 2	WWI resulted in the demise of many of Europe's royal houses. Change, tragedy, and humiliation befell rulers like King George V, Tsar Nicholas II, and Kaiser Wilhelm II.	Royal Good Guys The philanthropic efforts of Britain's royal family are explored.	Father Brown - The Brewer's Daughter (See CPTV, June 1 at 9 p.m.)				
CPTV4U	Masterpiece Contemporary - Worricker: Turks & Caicos	An order puts the former MI5 spy back to work.	Masterpiece Contemporary - Worricker: Salting the Battlefield Worricker tries to stay ahead of a dragnet.	Tunnel: Sabotage - Part 2  Karl and Elise get closer to the abductors.				

Kick off the Summer with Curious George!

June 24 & 25
11AM-3PM

Presented by



Connecticut Science Center



CTScienceCenter.org
250 Columbus Blvd., Hartford, CT

Prime Time | June 25-30

SUN 25	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	My Mother & Other Strangers on Masterpiece - Part 2  Francis goes poaching. Emma finds a suitor.		Grantchester, Season 3 on Masterpiece - Part 2  Geordie and Sidney investigate a death.		Prime Suspect: Tennison on Masterpiece - Part 1  Jane Tennison learns the cold facts of police work and becomes immersed in a murder investigation.		Midsomer Murders - 4 Funerals...	
CPTV4U	Woodsongs - California Guitar Trip/Sugar Blue 		Austin City Limits - My Morning Jacket/Ben Harper		Front & Center - CMA Songwriter Series with Jennifer Nettles		Will.i.am - Landmarks Live in Concert: A Great... 	
MON 26	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Antiques Roadshow - Vintage Hot Springs  Revisit great finds from Arkansas in this new episode!		Antiques Roadshow - Orlando, Part 1 Items include Joe Strummer's boots from 1979.		What's My Car Worth?	What's My Car Worth?	POV - Dalya's Other Country/4.1 Miles**  Meet a family displaced by the Syrian conflict.	
CPTV4U	Nature - My Congo Tour the Congo's beauty and majesty.		Koko: The Gorilla Who Talks Meet Koko, who knows sign language.		My Wild Affair - The Ape Who Went to College		Charlie Rose	
TUE 27	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	The Story of China - Part 2: The Golden Age/The Ming  The achievements of two of China's most brilliant dynasties, the Song and the Ming, are explored.				The Color of Justice	How do we ensure all kids in Connecticut's juvenile justice system are treated fairly?	POV - Ai Weiwei: The Fake Case Chinese artist Ai Weiwei has become a symbol of free speech.	
CPTV4U	Father Brown - The Daughter of... (See CPTV, June 22 at 9:30 p.m.)		Downton Abbey, Season 3 on Masterpiece - Part 2		Downton Abbey, Season 3 on Masterpiece - Part 3		Charlie Rose	
WED 28	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Big Pacific - Part 2  (See CPTV, June 21 at 8 p.m.)		Great Yellowstone Thaw - Part 2  Spring brings many new challenges.		NOVA - Making North America: Life	Explore how life evolved in North America.	Antiques Roadshow - Vintage Hot Springs (See CPTV, June 26 at 8 p.m.)	
CPTV4U	Antiques Roadshow - Vintage Hot Springs		The War of 1812	Leading historians, battle re-enactors, and historic images help bring the defining conflict to life.			Charlie Rose	
THU 29	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Living with Parkinson's	The realities of this brain disorder are examined through personal accounts.	Father Brown - Rod of Asclepius Lady Felicia's reckless driving lands her in the hospital.		Shetland, Season 3 - Part 1	Are a young man's disappearance and a small boy's hospitalization related?	Ask This Old House	This Old House
CPTV4U	POV - From This Day Forward	An American family copes as the father comes out as transgender.	Independent Lens - The New Black 		Maria Hinojosa: One on One		Charlie Rose	
FRI 30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Midsomer Murders - Country Matters, Part 2  (See CPTV, June 23 at 8 p.m.)		Death in Paradise - Stumped in Murder  The president of a cricket club is found shot dead.		Infinity Hall Live - Great Performances, Vol. 2  Revisit past seasons' powerful performances.		Bluegrass Underground Special  Vince Gill, Lucinda Williams, and other artists perform.	
CPTV4U	NOVA - Making North America... (See CPTV, June 28 at 10 p.m.)		Secrets of the Dead - Graveyard of the Giant Beasts		Saving Jamaica Bay	The Bay is disappearing at an alarming rate.	Charlie Rose	



The Story of China

Tuesday, June 20 and 27 at 8 p.m.
on CPTV

Travel from the Silk Road to the Yellow Sea with host Michael Wood as he explores the history of the world's newest superpower. Come along for this thrilling and moving tale of the world's oldest continuous state and the landscapes, peoples, and stories that made today's China.

Faith Middleton food schmooze®

foodschnooze.org



Lemony Arugula Prosciutto Pasta

From Faith:

We're on a mission to get more people cooking with greens, and arugula is one of my favorites. In this salad, we combine the acidity of the lemon with the bitterness of the arugula and the snappy salt of the prosciutto. The combination is a winner. Add the arugula at the end, and it naturally wilts down from the heat of the pasta. Finish the dish with an extra sprinkle of grated Parmigiano-Reggiano and one more hit of the lemon, for brightness.

Faith

HOW TO MAKE IT:

1. Cook the pasta and when it's done, reserve one cup of pasta water, drain the pasta, and set it aside.
2. Add to the empty pasta pot the lemon juice, zest, butter, cheese, and pasta water, a little at a time, until the sauce has a creamy consistency. Add the pasta, prosciutto, and hot pepper flakes, if using.
3. Add the arugula and stir until the arugula is slightly wilted. Salt and pepper to taste. Serve and garnish with a little more Parmesan.

INGREDIENTS:

- 12 ounces linguini
- 1 cup reserved pasta water
- Zest and juice of one lemon
- 2 tablespoons unsalted butter
- 1 cup freshly grated Parmigiano-Reggiano
- 1/2 - 1 teaspoon hot red-pepper flakes or to taste
- 4 ounces prosciutto sliced thin and chopped
- 4 cups arugula
- Salt and freshly ground black pepper



• LOCAL. WHOLESOME. •
TRADITION

Visit cucinadicarla.com
for retailers near you!





You Rang?

CONNECTICUT MAN LAUNCHED THE WORLD'S FIRST TELEPHONE EXCHANGE & PHONE DIRECTORY

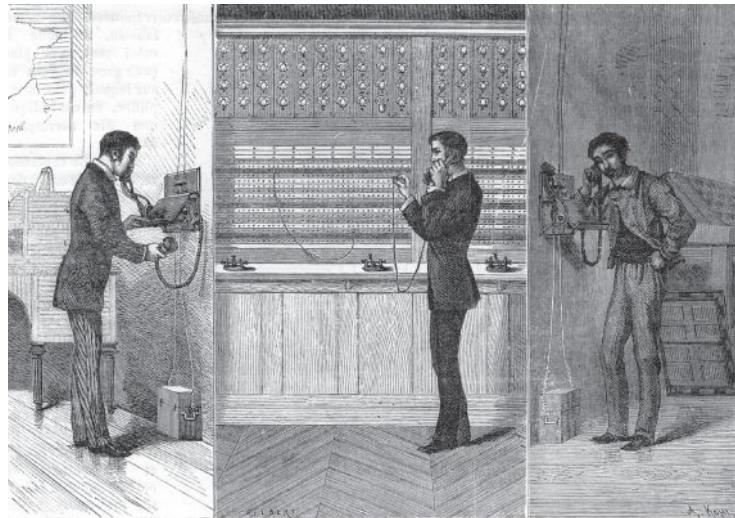
On March 10, 1876, Alexander Graham Bell entered the history books when he spoke to his assistant, Thomas A. Watson, through his prototype telephone, famously proclaiming, "Mr. Watson — come here — I want to see you."

Dazzling as it was, the telephone was an impractical invention at first. Early phones were owned by businesses or people, and were sold in pairs, connecting one specific location to another specific location. Running the wire between each pair of phones was expensive and labor intensive, and served limited purpose. People would pay to connect two buildings in a city or a business owner's home with the office. Mostly, these early phones were novelty items. It took a Civil War veteran in New Haven named George Coy to truly launch the wired revolution and make the phone, and shortly thereafter the phone directory, household items.

Many, including Bell, realized the phone's one-to-one usage limited its potential, but it was Coy who first implemented a solution in the Elm City. In 1877, Coy, then the manager of the Atlantic and Pacific Telegraph Co., attended a lecture given by Bell at the Skiff Opera House in New Haven. During the lecture, Bell demonstrated the effectiveness of a three-way phone network by connecting with Hartford and Middletown on a call.

Coy was intrigued and obtained a Bell telephone franchise for New Haven and Middlesex counties later that year. The agreement stipulated that Bell's company would own 35 percent of Coy's new venture. Coy enlisted Walter Lewis, superintendent of the New Haven Clock Co., and Herrick Frost, a prominent businessman, as investors, and incorporated the New Haven District Telephone Co. on Jan. 15, 1878.

Soon after, on Jan. 28, from the Boardman Building in New Haven, the newly formed company launched the world's first commercial telephone exchange. The exchange allowed anyone connected to the network to call anyone else on the network, though they would have to call into a central operator who would transfer the call.



Left: Engraving demonstrating the process for a telephone call, published in Paris in 1881. PHOTOS. COM/THINKSTOCK

Below: The New Haven District Telephone office and the first telephone exchange were located in New Haven, in the storefront with the awning. COURTESY OF NATIONAL PARK SERVICE, NATIONAL HISTORIC LANDMARKS PROGRAM

It was a historic first, but the company was fairly rough-and-tumble in its early years. As the National Park Service describes it: "The switchboard built by Coy was, according to one source, constructed of 'carriage bolts, handles from teapot lids and bustle wire.' According to the company records, all the furnishings of the office, including the switchboard, were worth less than forty dollars. While the switchboard could connect as many as sixty-four customers, only two conversations could be handled simultaneously and six connections had to be made for each call."

The telephone exchange launched with 21 subscribers, who each paid \$1.50 per month. By February of the first year, the company was responsible for another world's first when it released the first telephone directory, a flier listing subscribers to the network. Most of the listings were businesses, including physicians, the police and the post office. Only 11 private individuals were listed, but that included Coy and three other people associated with the company.

Others soon saw the advantage of this system, and telephone exchanges began popping up across the country. Like the original New Haven exchange, an operator was always required to connect the calls, as direct dialing made possible by telephone numbers would not become commonplace until the 1920s.

The New Haven District Telephone Co. enjoyed great success in Connecticut and beyond. By 1880 it had the rights from the Bell Telephone Co. to service all of Connecticut and western Massachusetts. As it grew, the company was renamed Connecticut Telephone and ultimately the Southern New England Telephone Co. (SNET) in 1882. SNET continued to



operate in New England for more than 100 years before being sold to AT&T. (AT&T has since sold it to Norwalk-based Frontier Communications.)

As for Coy, he remained with the company until he died in 1915. Although his contribution to telecommunications is often overlooked, he received recognition in 1933 from *The New York Times* as "the inventor of the first commercial telephone switchboard."

The Boardman Building, where the first exchange was launched, did not enjoy posterity. Designated as a National Historic Landmark in 1964, the building, then known as the Metropolitan Building, was acquired four years later by the New Haven Redevelopment Agency to build a parking garage. In April 1968, the U.S. Department of Housing and Urban Development approved the agency's application for funds to redevelop the area and the building was demolished in 1973. ■



There are times in
life when we all need
a helping hand.

**Let our Grand Opening Special—
a \$17,000 savings—give *you* a hand.**

ASSISTED LIVING AT MASONICARE AT MYSTIC
Celebrating life in all its stages

*A*ssisted living at Masonicare at Mystic is now open and providing quality, residential living with a choice of new studio, one-bedroom or 2-bedroom apartments.

The good feeling of knowing that help is there when you need it—the assurance that loved ones are cared for by skilled professionals in a warm, neighborhood environment brings with it an indescribable peace of mind.

WE INVITE YOU TO CALL **860-415-2500**
TO SCHEDULE A PERSONAL VISIT.



*We are a rental community.
Visit us and ask us about our
“first 50” incentive.*

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

MASONICARE AT MYSTIC, 45 CLARA DRIVE, MYSTIC, CT
MASONICARE-MYSTIC.ORG





MORE OF THE GOOD THINGS IN LIFE

A world to explore, a vibrant community to come home to. A private, luxury, resort style community providing a lifestyle that embraces freedom, friendships and family. It's time to enjoy retirement the way it's meant to be.



88 Notch Hill Road • North Branford, CT 06471 • (203) 488-8000 • Evergreen-Woods.com

Connecticut's Premier Life Care Community